

The Four R's

1

RETHINK – by asking yourself, “Do I REALLY need to buy this?”

- Replace disposables with compostable, biodegradable, or washable items
- Buy local goods and items made in-state or at a regional level of production
- Close the Loop by purchasing items that contain at least 50% recycled-content
- Buy Energy Star products and return old goods to the manufacturer (if possible)
- Buy products that use less (or no) packaging and recycle the packaging (if accepted)
- Buy Designed for the Environment products that are Recognized for Safer Chemistry

2

REDUCE – by considering the source of your waste generation.

- Offer electronic versions of materials instead of printing hard copies on an individual basis
- If printing is required, apply duplex settings to make “print on both sides” your default option
- Purchase non-perishable foods and routinely bought items in bulk to decrease packaging waste

3

REUSE – by extending the useful life of stuff through repair, refurbish, or repurpose.

- For notes and drafts, reuse the backsides of paper printed only on the front
- Use refillable ink cartridges, rechargeable batteries, reusable shopping bags
- Shop at local thrift stores like [Goodwill](#), [Habitat for Humanity ReStore](#), and [The Salvation Army](#)
- Before moving out in spring, UNCG residence hall students can donate items to the [Cram and Scram](#) sale, which is open to public and held annually by the OWRR at the EUC in late May or early June

4

RECYCLE – by placing glass, paper, plastic, and cardboard in comingled bins on campus.

- Take plastic bags to local retailers for recycling (e.g. Target, Wal-Mart, Food Lion, Harris Teeter)
- E-waste (e.g. batteries, CDs, cell phones, chargers) can be dropped off in the collection bins located at the EUC (near ATMs on 1st floor) as well as the Mossman Building and all of the Residence Halls.
- If you want more information or have any questions about UNCG recycling, contact the Office of Waste Reduction and Recycling (OWRR) by phone at 336-334-5192 or via email at recycle@uncg.edu

YES!

- ✓ Plastic Bottles
- ✓ Glass Bottles
- ✓ Aluminum and Steel Cans
- ✓ White and Colored Paper
- ✓ Magazines
- ✓ Junk Mail
- ✓ Envelopes
- ✓ Telephone Books
- ✓ Post-It Notes
- ✓ Catalogs



THE UNIVERSITY of NORTH CAROLINA
GREENSBORO
Office of Sustainability



NO!

- × Food Waste
- × Paper Cups
- × Styrofoam
- × Plant Material
- × Waxed Cardboard
- × Plastic Binders
- × Carbon Paper
- × Food Wrappers
- × Paper Towels
- × Photographs
- × Hazardous Waste