



What is Precycling?

Precycling is the reduction of waste through thoughtful buying decisions. It may be accomplished by purchasing recycled items, buying items that were packaged in recycled or minimal packaging, or deciding to rent or borrow an item used infrequently, rather than buy.

As consumer waste reaches vast proportions, Precycling becomes increasingly important. Here are a few ways you can incorporate Precycling into your everyday life:

- Buy products with the least amount of packaging; buying in bulk helps.
- Use shopping bags/containers brought from home or reuse the shopping bags that you bought the items in last time
- Try products packaged in boxes made of 100% recycled materials, or in containers that can be reused.
- Avoid purchasing disposable products such as razors, diapers, plastic cutlery, and plates. Choose products designed for reuse such as cloth napkins or rechargeable batteries.
- Investigate the local rental agencies to see what is available - then rent rather than buy!

Here is a list of questions to ask yourself as you consider making a purchase:

- Do I really need this product?
- Is the package reusable or recyclable?
- Is there a similar product available with less packaging?
- How long will this product last? Is there a longer-lasting alternative?
- Would it be better to rent or borrow this item?
- Do I need it new or can I buy it used?
- Is it made locally? Buying products produced locally drastically reduces packaging material needed for transportation and reduces thousands of pounds of CO2 emitted during transport.

Asking yourself these simple questions can help you change your buying habits and make a huge impact on the amount of trash we send off to our landfills. Make it a challenge and try it for a month. Note the significant reduction in your volume of non-recyclable trash. Odds are, you'll be impressed and will adopt Precycling as part of your day-to-day routine.

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