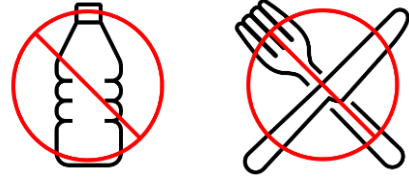


REFUSE

We often use the terms **reduce, reuse, and recycle** in an attempt to reduce our carbon footprint but consider the stronger cousin of reduce - **REFUSE**.



Often we accept items we don't need from restaurants or stores that find their way immediately to the garbage can. If we do not need in the first place, **REFUSE** them, then we also don't need to find ways of reusing or recycling them.

Consider the Following:

- 1) **REFUSE unnecessary plastic silverware, plates, napkins, or sauces** when ordering food for delivery or take out.
- 2) **REFUSE excess plastic wrappings** when carrying out from Restaurants. EX: plastic wrapping, etc.
- 3) **REFUSE straws at Restaurants** politely. If you don't drink water, let the server know.
- 4) **Offer positive feedback for Sustainable Practices** at restaurants to encourage continued use
- 5) **Consider giving the manager of the restaurant the sample letter below**. Simply acknowledge your enjoyment of the restaurant and ask manager to consider adopting sustainable practices.
- 6) **Take reusable bags to the grocery store or other retail stores to use.**
- 7) **REFUSE plastic bags** when buying produce at the Grocery Store.
- 8) **Select sturdy and washable utensils and tableware for picnics and parties**
- 9) **Use washable clothes napkins** instead of paper napkins
- 10) **Use sponges and dishcloths** instead of paper towels.
- 11) **Refill Cleaning Supplies in Bottle from Bulk Refill Liquids.**
- 12) **Use rechargeable batteries**
- 13) **Bring Reusable Mugs** to the coffee shop with you.
- 14) **Reuse Printed Pages and Junk Mail** for scratch paper
- 15) **Use Handkerchiefs** instead of paper tissue.
- 16) **Borrow or Rent tools that you don't often use** such as ladders, tillers, tables for parties, tools.
- 17) **Consider using cloth diapers.**
- 18) **Use Reusable Dryer Balls** instead of dryer sheets.
- 19) **Don't treat "best used before" dates as absolute**, check food to see if bad (non-meat/dairy).
- 20) **Freeze excess leftovers rather** than dumping it in the garbage.

DEAR RESTAURANT MANAGEMENT,

I very much enjoy your food & service. In addition, I am very concerned about the welfare of our planet. In the future, I plan to patronize business and order food from businesses and restaurants that follow environmentally healthy practices. Please consider the following things.

- 1) **Styrofoam plates and cups remain in landfills forever.** They break down into small particles but never go away. They pollute our land and our waterways forever. Approximately 1400 tons of Styrofoam are buried each day in U.S. landfills. When burned, carbon black and carbon monoxide are released into the air.
- 2) **Plastic bags and plates are also not biodegradable.** Animals and birds become tangled in the trash and can suffocate or become permanently harmed.
- 3) **Plastic silverware is considered one of the most harmful items to oceanic sea life.** It breaks into small sharp pieces that clog the stomachs of birds, fish and other animals.
- 4) **Plastic straws break down into ever smaller particles releasing chemicals** into the soil, air and water that are harmful to people and wildlife.

There are small things that your restaurant can do to be more sustainable which I look forward and appreciate. **Please consider the following:**

- 1) **Use paper bags** instead of plastic bags.
- 2) **Use paper or cardboard plates and cups** instead of plastic or Styrofoam
- 3) **Consider biodegradable straws.**
- 4) **Don't dispense plastic cutlery** unless the consumer asks for it.
- 5) **Consider biodegradable cutlery.**
- 6) **Use cardboard clamshells** instead of Styrofoam or wrap food in aluminum foil.

Thank for the above considerations.

Sincerely,

