

## What is Precycling?

### Precycling

Precycling: The practice of smart shopping by avoiding over-packaged products before buying them, rather than having to find a responsible way to dispose of them later.

In 1989, the city government of Berkeley, California initiated a campaign to encourage consumers to buy items packaged in biodegradable or recyclable materials. They called it "precycling." By making the right buying choices (by precycling) excessive and unsound materials can be eliminated from the waste stream.

"Precycling" is an excellent term for something we can all practice. Everything we buy has an effect on the environment.

**By making the right buying choices you can help reduce the waste stream.**

### What Can I Do?

**1** Avoid products packaged in layers of packaging.

**2** Buy eggs in cardboard, not Styrofoam cartons.

**3** Buy milk in recyclable plastic jugs, not waxed cartons.

**4** Buy in bulk; it's cheaper and uses less packaging.

**5** Buy cereals, pastas, cookies, etc. in paperboard boxes that are recyclable. Most paperboard boxes are made of recycled paper; it's easy to tell ... the boxes are gray or brown on the inside.

**6** Teach your children to precycle. Although they are attracted to colorful packaging they may have seen on TV, they are quick learners, and have a special fondness for nature.

**7** Avoid buying juice box drinks that are made up of layers of different materials. Single-serving beverages are available in recyclable plastic bottles.

**8** Take cloth tote bags with you when shopping; you won't need to decide "paper or plastic?"

### How Do I Get Started?

- Take a look at what's in your garbage? Are you throwing away aluminum cans, plastic bottles, newspapers and magazines?
- Keep it realistic; don't try to recycle too many things in the beginning. If you've got a good system, then it will be easy to continue recycling. Before long it will become a habit and you'll be doing it effortlessly.
- Make it a family effort. Teach your children by example.
- Keep recyclables in a convenient place; it could be in your garage, basement, under the sink, on the back porch, or in a closet.

You may not need as much space as you think. You don't have to store all your materials in one place. Whatever works is fine, but keep it

consistent so people in your household always know where to put their recyclables.

If you want to prevent companies who already have your name from renting it to other advertisers, you can register with a free service used by over 3,500 major mailers.

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