

# PREVENT WASTE IN CENTRAL OREGON



► Waste prevention is all about using less stuff. It's about making thoughtful choices before we buy or use things, considering how everything from production to disposal (upstream to downstream) impacts people and our planet.

## RETHINKING OUR RELATIONSHIP WITH STUFF

UPSTREAM IMPACTS ARE FAR GREATER  
FOR EVERY POUND OF WASTE WE  
GENERATE AT HOME, THERE ARE AN  
ADDITIONAL 71 POUNDS GENERATED  
UPSTREAM\*



# 70%

OF GREENHOUSE GAS EMISSIONS  
COME FROM EXTRACTING, TRANSPORTING,  
MANUFACTURING, STORING, USING, AND  
DISPOSING OF OUR FOOD AND STUFF\*\*

THE WASTE MANAGEMENT HIERARCHY  
PRIORITIZES PREVENTION



### REUSE TIPS

- Fix your broken stuff before buying new – learn to repair at the next Repair Café or join the fixer volunteer list to share your skills with others
- Shop secondhand first and “donate with dignity”\*\*\*
- Make your next event low-waste with the Rethink Waste Project’s free, washable dishware kits
- Make reusable swaps – keep shopping and produce bags, water bottles, coffee cups, dishware/silverware kits handy... What other items can you think of?

### REDUCE TIPS

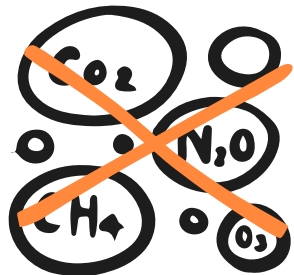
- Rethink about it – before you buy, ask yourself if you really need it
- Borrow and share – checkout more than just books (and try it before you buy it) through the Deschutes Public Library’s Library of Things
- Take the Rethink Waste Food Waste Challenge to learn what and how much food is going to waste in your home, and practice strategies to love food, not waste
- Support food rescue, like the HDFFA’s Grow & Give program, which redirects excess fresh produce to Central Oregonians experiencing food insecurity

► While our choices make a big impact, it’s also important to advocate for policy changes and business practices that support and enable these low-waste choices in the first place.

## LOVE FOOD, NOT WASTE



WHY PREVENTION IS KEY  
PREVENTING FOOD WASTE IN  
THE FIRST PLACE HAS OVER  
6 TIMES THE GREENHOUSE  
GAS REDUCTION POTENTIAL  
OVER SIMPLY KEEPING FOOD  
OUT OF LANDFILLS\*\*\*\*\*



LEARN MORE AT  
[RETHINKWASTEPROJECT.ORG](http://RETHINKWASTEPROJECT.ORG)

