



Simple Changes Toward a Healthier & Zero Waste Life

Things you can do at home:

- Use bar soap instead of liquid soap, which comes in plastic containers.
- Avoid purchasing or using products with plastic microbeads.
- Use rechargeable batteries (AA, AAA, etc).
- Grow your own fruits and veggies and use your compost in the garden.
- Put your compost in the freezer to prevent smell and flies.

Things you can do while you're out:

- Bring your own container for takeout. Some restaurants even give discounts!
- Bring your own reusable bags to the farmers market & grocery store.
- Travel with your own water bottle or coffee mug.
- Shop in the bulk section and bring your own reusable containers.
- Shop secondhand for clothing or other items.
- Buy milk in returnable glass containers at stores like Strauss and Whole Foods
- Take a composting class with Zero Waste Marin.

Where can I recycle these specific items?

- E-waste, such as computers, TVs, printers, and cell phones can be brought to various locations in Marin for recycling. Visit <http://zerowastemarin.org/residents/recycling-disposal-reuse-guide/>
- Real corks can be brought to Marin Sanitary Service in San Rafael. 535 Jacoby Street, San Rafael, CA, 94901. Telephone: 415-453-1404
- Block Styrofoam can be brought to Proof Lab in Mill Valley. Call ahead to confirm drop off. Telephone: 415.380.8900
- The Bulb & Battery Takeback Program can recycle your household batteries and compact fluorescent tubes in 10 locations throughout Marin. <http://zerowastemarin.org/residents/zero-waste-programs/bulb-battery-take-back-program/>

Visit ZeroWasteMarin.org for a free kitchen counter compost pail or additional information.