

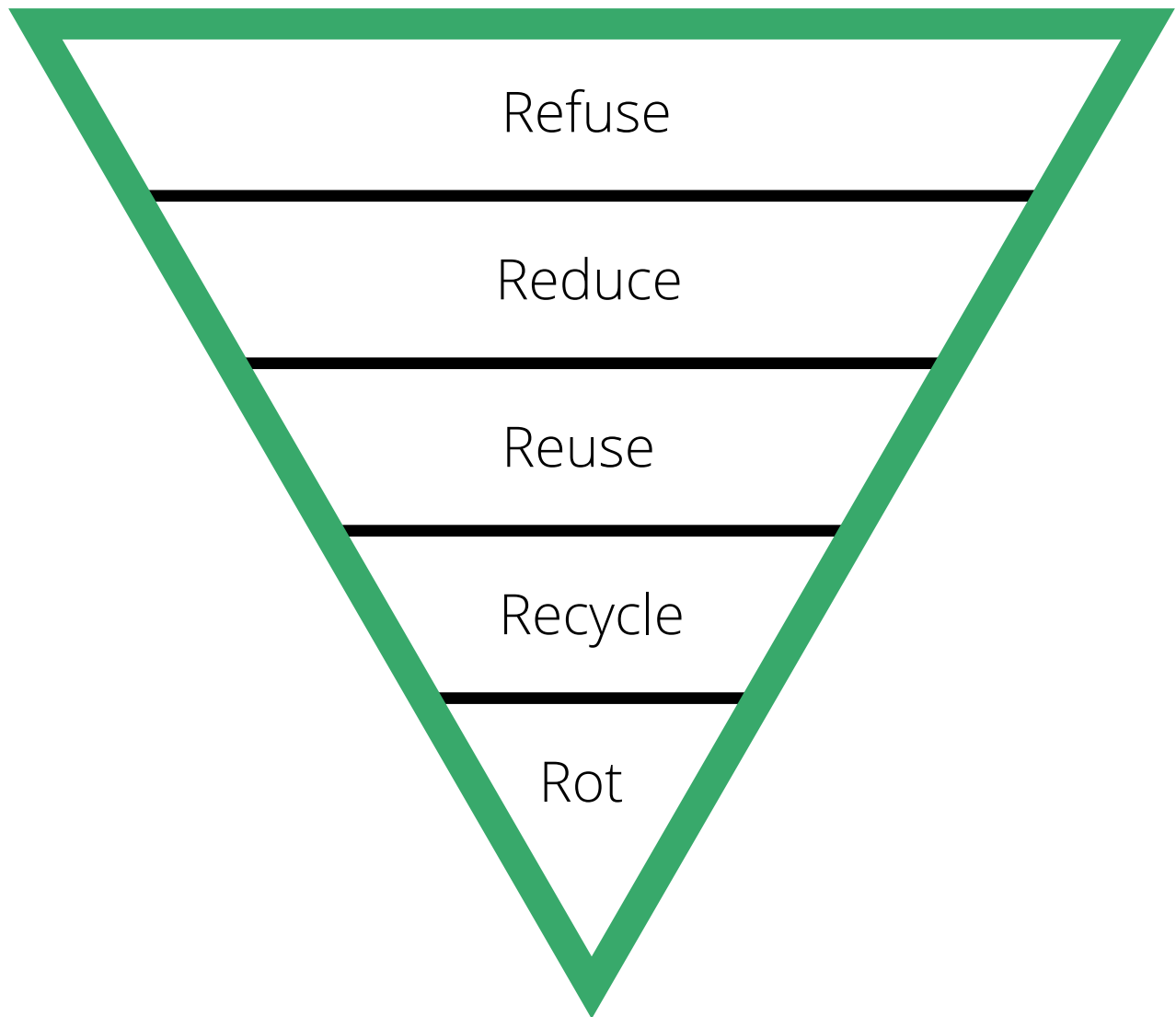
RAPPAHANNOCK REGIONAL SOLID WASTE MANAGEMENT BOARD

ZERO WASTE GUIDE



What is zero waste?

Zero waste entails adopting a lifestyle that aims to minimize the waste produced. By embracing the principles of refuse, reduce, reuse, recycle, and rot, one can significantly decrease the volume of waste destined for landfills. For further details, please contact us at 540-658-5279 or via email at rboard@staffordcountyva.gov.



Refuse

Consider buying fewer items as a way to reduce your waste. By doing so, you can limit the amount of trash you generate. For example, instead of purchasing a package of water bottles each week, try using reusable bottles and/or a water filter. Similarly, rather than buying boxes of disposable zipper bags, opt for plastic or glass storage containers that can be used multiple times. Another way to refuse waste is by stopping junk mail. On average, each American household receives 41 pounds of junk mail per year. Visit the Privacy Rights Clearinghouse at www.privacyrights.org for a comprehensive list of ways to remove your name from mailing lists.

Reduce

Reducing the number of single-use products you purchase and opting for reusable products whenever possible can make a big difference in the amount of trash you generate. The Environmental Protection Agency (EPA) reports that the average person in the United States generates about 4.9 pounds of trash daily. By making small changes to our consumption habits, we can reduce this number and help our planet.

Replace single use food storage bags with reusable food storage bags.



Use your own water bottle instead of bottled water.



Replace disposable cups with reusable coffee cups.



Take your own produce bag to the grocery store.



Ditch the plastic straws for reusable, cleanable straws.



Take a reusable shopping bag to the store.



Reuse

When possible, reuse items. Donating gently used items is a great way to reuse. Old items can also be repurposed, such as turning old t-shirts into cleaning rags or quilts.

Donate gently used items to organizations listed in our donate list.

- ✓ Appliances
- ✓ Automobiles
- ✓ Books, audio books, music CDs and DVDs
- ✓ Clothing
- ✓ Furniture
- ✓ Household items

www.r-board.org/zerowaste-2



Recycle

Remember to recycle paper, metal, plastic, and glass. It is important to check with your local recycling company to see what they accept. The R-Board offers free recycling services to residents of the City of Fredericksburg and Stafford County. For more information about additional items that can be recycled, please visit www.r-board.org/zerowaste-2.

Paper



Clean paper, empty cartons, and flattened cardboard.

Metal



Empty metal food and beverage cans.

Plastic #1 and #2



**Empty bottles, tubs, and jugs.
No pumps.**

Glass



Empty bottles and jars with no lid.

**DO NOT BAG
RECYCABLES!**

KEEP THEM LOOSE.

Rot

Rot is a natural process when food scraps and yard waste break down and turn into compost. Composting is a great way to create your own gardening soil. It also reduces the amount of food and yard waste that goes to the landfill, which is great for the environment.

If you're interested in composting, the R-Board offers backyard composting classes. These classes will teach you the basics of composting, including what kind of compost bin might be best for your needs, and how to get the most out of your compost. While the Composting 101 classes are open to everyone, only people who live in the City of Fredericksburg or Stafford County are eligible for a free composting bin from the R-Board. Learn more at www.r-board.org/compost.



Landfill

If the waste you wish to dispose of does not fit into any of the categories outlined in this guide, it should be placed in the trash and sent to the landfill. However, certain materials are hazardous and require specific disposal methods. To address this, we host annual Household Hazardous Waste Collection Days for the safe disposal of such items.

Many common household products found in garages, basements, bathrooms, and kitchens are classified as hazardous. We invite residents to bring these items to our collection events. Accepted materials include gasoline, oil, paint thinner, oil paint, wood polish, furniture stain, pesticides, and various household chemicals, as well as electronics like cell phones, laptops, iPads, printer cartridges, computer cables, printers, microwaves, vacuums, toasters, and more. Please note that we do not accept biohazards, medical waste, explosives or ammunition, propane cylinders larger than 20 pounds, televisions, or old CRT monitors.

In addition, we allow residents to drop off certain household hazardous waste items daily, free of charge. These items include automotive and equipment batteries, rechargeable batteries, fluorescent light bulbs (only at the Regional Landfill, with tubes under 4' and CFL bulbs accepted), motor oil (limited to 5 gallons per resident per day), and antifreeze (also limited to 5 gallons per resident per day).

