

The Four R's

1

RETHINK – by asking yourself, “Do I REALLY need to buy this?”

- Replace disposables with compostable, biodegradable, or washable items
- Buy local goods and items made in-state or at a regional level of production
- Close the Loop by purchasing items that contain at least 50% recycled-content
- Buy Energy Star products and return old goods to the manufacturer (if possible)
- Buy products that use less (or no) packaging and recycle the packaging (if accepted)
- Buy Designed for the Environment products that are Recognized for Safer Chemistry

2

REDUCE – by considering the source of your waste generation.

- Offer electronic versions of materials instead of printing hard copies on an individual basis
- If printing is required, apply duplex settings to make “print on both sides” your default option
- Purchase non-perishable foods and routinely bought items in bulk to decrease packaging waste

3

REUSE – by extending the useful life of stuff through repair, refurbish, or repurpose.

- For notes and drafts, reuse the backsides of paper printed only on the front
- Use refillable ink cartridges, rechargeable batteries, reusable shopping bags
- Shop at local thrift stores like [Goodwill](#), [Habitat for Humanity ReStore](#), and [The Salvation Army](#)
- Before moving out in spring, ECU residence hall students can donate items to the [Give-N-Go](#) drive, which is held annually by Recycling Services and Campus Living to help local charities

4

RECYCLE – by placing glass, paper, plastic, and cardboard in recycling bins on campus.

- Take plastic bags to local retailers for recycling (e.g. Target, Wal-Mart, Food Lion, Harris Teeter)
- Faculty and staff should setup a collection bin for batteries and email safety@ecu.edu for pickup as well as ink and toner cartridges and call Central Stores at [252-328-9940](tel:252-328-9940) for pick-up.
- If you want more information or have any questions about ECU recycling, contact Recycling Services by phone at [252-328-2892](tel:252-328-2892) or via email at littlel@ecu.edu

YES!

- ✓ Plastic Bottles
- ✓ Glass Bottles
- ✓ Aluminum and Steel Cans
- ✓ White and Colored Paper
- ✓ Magazines
- ✓ Junk Mail
- ✓ Envelopes
- ✓ Telephone Books
- ✓ Post-It Notes
- ✓ Catalogs



East Carolina
UNIVERSITY
Sustainability



NO!

- × Food Waste
- × Paper Cups
- × Styrofoam
- × Plant Material
- × Waxed Cardboard
- × Plastic Binders
- × Carbon Paper
- × Food Wrappers
- × Paper Towels
- × Photographs
- × Hazardous Waste