



The Stamford Garden Club

thestamfordgardenclub.org

What is Sustainability and the Five R's?

Sustainable practices support ecological, human, and economic health and vitality.

Refuse, **Reduce**, **Reuse**, **Recycle**, and **Rethink**, and are a great way to implement small changes into your daily life to live more environmentally friendly and conscious.



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1. **Refuse** waste production by not purchasing or using single-use plastics and non-recyclable products. This is the most effective way to minimize the amount of waste you are producing. It is one of the main ways to be more environmentally friendly.
2. **Reduce** harmful, wasteful, and non-recyclable materials. When you lessen the amount of these materials, especially non-recyclables, less goes in the garbage.
3. **Reuse** materials. Look through different items you regularly use and opt for compostable or reusable options.
4. **Recycle** anything that can be. This includes cardboard, paper, plastics, glass, and organics. After you've made quality efforts to go through all the previous steps, recycling is very important.
5. **Rethink/Repurpose** involves taking items that were meant for one purpose and using them for others. This is also known as "upcycling". Anything you can find another use for is going to help with better waste management which decreases the amount of waste going into recycling.