

FOR IMMEDIATE RELEASE

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Spring Waste Reduction

Now that the days are longer and the weather is warming up, I think we're all eager to tackle some home projects. Whether you're planting a garden, re-painting the bathroom, or finally cleaning out the garage, here are some tips to reduce waste going to the landfill.

Want to start a garden or add to one you already have? Be sure to plant species that can grow in the area. Go to www.nwf.org/NativePlantFinder to find plants native to Tehama County. This will ensure all your hard work doesn't go to waste and will strengthen the local ecosystem. To give your plants a boost, make compost at home and add it to the soil once it's ready; this also takes care of any food waste you may have.

To help prevent food waste in the first place, try to plan out the week's meals in advance and stick to a list when grocery shopping. Always find yourself with leftovers? Turn them into a whole new meal. For example, did you know you can use leftover spaghetti to make a delicious frittata? A quick internet search can find you an array of creative leftover meal ideas.

If you're planning to do some painting in or outside the house, many paint brands have calculators on their websites to help you buy the right amount based on the size of your project. And if you still find yourself with leftover paint, you can donate it at the free community paint swap at the Tehama County/Red Bluff Landfill.

As you're going through things you no longer need, try shifting away from the "throw-out" mindset and ask yourself "can I use this for anything else?". If not, consider donating items still in good condition or getting neighbors involved in organizing a neighborhood block sale. After all, one person's trash is another person's treasure.

Reducing waste may sound daunting, but by taking small steps like these, we can all make a difference.

For more information on waste reduction, visit tehamacountylandfill.com or call the Tehama County Solid Waste Management Agency at (530) 528-1103.