



## SUSTAINABLE NEW YEAR'S RESOLUTIONS

Throughout the year, CCCWP has shared helpful information about proper disposal, fish risk, and other important topics that contribute to the quality of our local waterways. Now is the chance to put them to use! This month we're sharing techniques that you can add to your 2022 sustainable new year's resolution list. Let's dive in!

### Recycling

Recycling is a small step you can take to make a positive impact on the environment. Practicing this habit at home does not require much effort if you spend some time creating a well-planned recycling system. This can look like placing a recycle-only bin in your kitchen, flattening out cardboard boxes for pick up days, and finding out what items are recyclable. Common recyclable household items include:

- Plastic – bottles, dressing and condiment containers
- Glass – jars and bottles
- Paper – newspapers, envelopes, cards
- Cans – all empty soda, fruit, vegetable, and other food cans.



An additional step you can take to help our local recycling centers is to rinse off all items before placing them in the bin. This helps keep foul odors to a minimum and make the reuse process easier.

For any items you are unsure about, visit <https://resource.stopwaste.org> for a quick answer.

### Sustainable Swaps

Another resolution that you can make in 2022 is to examine your daily routine and see where you are able to make more sustainable choices. The easiest way to make an impact is to reduce your use of single use items such as straws, Styrofoam, and plastics as they are one of the greatest contributors to pollution.



- Plastic shopping bags > Reusable fabric or recycled totes
- Plastic straws > Reusable straws or no straw
- Disposable batteries > Rechargeable options
- Paper towels > Cloth rags

Once you get comfortable incorporating simple habits into your routine, you can advance your sustainable methods.

We loved spending 2021 together in Contra Costa County and we're excited to see what comes in 2022. Remember to buy local and fresh this holiday season and continue to show the environment that you care with your eco-friendly new year's resolutions. For more ways to protect our environment and local waters any time of year, visit [www.cccleanwater.org](http://www.cccleanwater.org).