

## Using the 3 R's to Help the Environment

Because of global warming, pollution, diminishing forests, and a limited supply of natural resources, people are becoming more aware of the importance of protecting the environment. Waste in the environment affects the air, water, land, animals, plants, and humans. When we use the environment as a waste dump, we take away land from wildlife, pollute the environment, and deplete natural resources. One way people are doing their part to protect the environment is adopting the Reduce, Reuse, and Recycle Waste Program. The 3R program reduces the amount of garbage going into landfills thereby protecting and conserving our environment.

**Reduce:** People reduce by purchasing items that are durable and last a long time. By purchasing long lasting products with very little packaging, you will decrease the amount of waste entering a landfill. Other ways of reducing waste include: - Buy products that do not require a lot of energy and resources to manufacture. Look for products that contain environmentally friendly packaging. - Reduce car use by riding your bicycle, carpooling with friends, walking, or taking the bus. - Composting is a great way to dispose of kitchen waste. It is healthy for the soil and less waste will go into the landfill. - Turn off lights that you are not using and use energy efficient light bulbs. - Turn off the taps when brushing your teeth.

Reducing will help with conservation efforts and decrease landfill waste and energy use. Reducing results in less pollution and a cleaner environment. It also helps conserve natural resources.

**Reuse:** You can reduce waste by reusing products. Reusing methods include repairing damaged items, donating items to a worthy cause, or finding another way to use them. Some reusing tips include: - Use cloth grocery bags instead of plastic bags. They can be used repeatedly. - Use reusable lunch bags. - Metal cans and plastic containers can be used for storing items. - Donate old clothes, furniture, and toys to a charity. - Use silverware and dishes instead of plastic utensils and plates. - Store food in reusable plastic containers.

Another way to reuse is to hire a junk removal service. Except for hazardous materials, junk removal companies will come and remove just about any type of waste. This includes furniture, appliances, electronics, and construction refuse. Many junk removal businesses donate items to charities, repair items, and recycle.

**Recycling:** This process involves making new products out of old products. This means potential landfill waste becomes a new product. You can protect the environment by buying products that contain recycled materials. Many of the things we use every day are recycled. Recycled products include: paper towels, toilet paper, paper bags, beverage bottles and cans, milk cartons, and much more. Most products have the recycle label on the package.

Many towns and cities have recycling programs. Some places even have mandatory recycling programs. Junk removal companies are actively involved in reusing and recycling. These companies are very aware of the public's concern for the environment so they make reusing and recycling a big part of their business. Make sure you ask a junk removing company how much they recycle. You will feel good knowing that not all of the junk you are getting rid of will end up in a land fill.

Reducing, reusing, and recycling helps lessen our impact on the environment and benefits the community. With the help of environmentally conscious companies such as [junk removal](#) companies, we are decreasing the amount of waste going into landfills. By participating in the 3R program, you will feel good knowing that you are doing your part to leave a healthier planet for your children.

## About the Author

It is important for individuals to be mindful of what is in the trash. That way, the environment can be better protected. If you are looking for a [rubbish removal](#) company located in the GTA please visit us at: [Garbage Removal Toronto](#).

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