**One More Resolution for the New Year!**

Submitted by CRD Environmental Services

December 2023

The start of a new year is the perfect time for fresh beginnings and personal growth. While many of us contemplate hitting the gym or learning a new language, why not also consider making a resolution that can help our environment? Here are some ideas to help you create a sustainable New Year's resolution that makes a meaningful impact on reducing waste.

One of the biggest culprits of waste is food. In our 2022 waste composition study we found avoidable food waste such as wilted lettuce, stale bread and meat leftovers made up 63% of all organics sent to the landfill, contributing to pollution, and misusing precious resources. Here's how you can prevent this issue head-on:

- Shop Smart: Kick off your resolution by creating a grocery list that's concise and focused. Buy only what you need for the week, avoiding the temptation to over-purchase and generate food waste.

- Store Smart: Extend the lifespan of your groceries by storing them properly to keep your produce fresh and ready to use.

- Get creative with leftovers: Turn last night's dinner into today's delightful lunch or whip up a new recipe. Not only will you reduce waste, but you'll also save some of the cash in your pockets.

In addition to food, our consumption of material goods is a notorious waste generator. Here's how you can break the cycle and embrace sustainable alternatives:

- Sharing is Caring: Instead of trashing items you no longer want, consider donating them to second-hand stores or advertising them online for free for someone who needs them. It's a win-win – decluttering your space while making someone else's day.

- Recycling 101: Before tossing items, check if they're recyclable. [MyRecyclopedia.ca](https://www.crd.bc.ca/service/waste-recycling/recycle/myrecyclopedia/products/Paper-Cups) can guide you on responsible disposal methods, ensuring that your waste gets a second life.

- Second-Hand Treasures: When it's time for a new purchase, explore second-hand options. Thrift stores and online community pages are great for pre-loved goods, giving you fantastic finds without the environmental guilt.

Remember, a sustainable New Year's resolution revolves around the three Rs: Reduce, Reuse, and Recycle. Although reuse and recycle and well-versed options, we should focus on the reduce part first. By making a conscious effort to be mindful consumers, we can make small changes that will leave a positive mark for generations to come. What better gift for the holidays than a sustainable future? To learn more tips for the holidays and 2024, visit [www.crd.bc.ca/memories](http://www.crd.bc.ca/memories)