

Reduce, Reuse, Recycle: Eco Actions in Switzerland

- By Leanne Woodfill & Janet de Vries

A photograph of two hikers, a woman and a man, standing in a lush green valley in Switzerland. They are wearing hiking gear, including jackets, hats, and backpacks, and holding trekking poles. In the background, there are rolling green hills and majestic snow-capped mountains under a clear blue sky.

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REDUCE

Let's make packaging waste extinct.

Join us to create **Better Planet Packaging.**
Visit smurfitkappa.com

An underwater scene where a large whale is composed entirely of discarded plastic packaging waste, including bottles, bags, and other debris. A real whale is swimming nearby, illustrating the impact of plastic pollution on marine life.

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Open the future

REDUCE PLASTIC WASTE

- Estimated 165 million tons of plastic in the oceans
- 80% of marine debris comes from land-based sources (construction sites, factories, ports, landfills ...) (Plastic Pollution, 2012).

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REDUCE PLASTIC BOTTLES

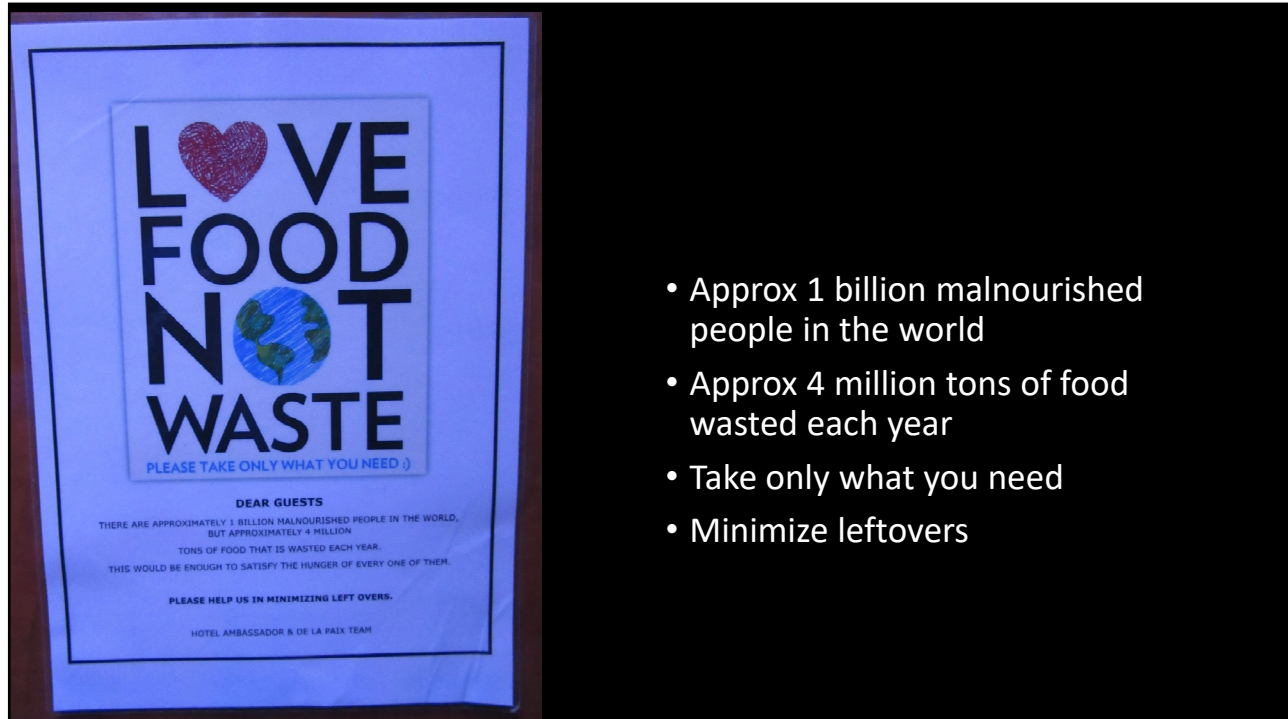
Refillable water bottles



Large hotel soap & shampoo bottles



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- Approx 1 billion malnourished people in the world
- Approx 4 million tons of food wasted each year
- Take only what you need
- Minimize leftovers

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REDUCE PACKAGING

**Compostable
dish & spoon**



Cardboard package



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WATER AWARE

- The UN warns that 2/3 of the earth's population will lack adequate water supplies by 2025 (Go Green, 2008).

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SAVE WATER

- By pushing the small button to flush
- On average, we flush the toilet 5,000 times a year!
- Turn off the tap when brushing your teeth
- Turn off the water when shampooing & save up to 150 gallons/month
- Baths take more water than showers
- Xeriscape your yard (low water plants)
- Sweep rather than wash your driveway



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GREEN ROOFS to catch rain runoff

Bus Stop



House roof



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REUSE

Plastic bottles as Art



Donate & buy good used clothing



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CLEAN ENERGY

Solar-powered electric fences



Solar panels on homes



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Glacial water reservoirs for Swiss hydro power



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HYDROELECTRIC-POWERED TRAINS



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Electric-only vehicles in Zermatt, SW



Electric-powered buses



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VEHICLE SHARING

Cars



Bikes & scooters



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DELIVERIES

Pizza Bicycle



Battery-powered Postal



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WALKING HOLIDAYS



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RECYCLE in SWITZERLAND

Neighborhood recycling



Bins in Train station



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Pay for Garbage Disposal in Switzerland Used in incinerators to create energy



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ACTION IDEAS

REDUCE

- Refuse plastic straws
- Refuse beverage tops
- Only buy items in #1 & #2 plastic
- Walk or ride your bike
- Share rides
- Buy local to reduce transportation pollution
- When remodeling, think GREEN
- LED lights save power
- Use cloth rags & napkins instead of paper towels
- Pack lunch in plastic boxes instead of plastic bags
- Don't buy single-use plastic water bottles
- Bring your own refillable mugs & water bottles

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REUSE

- Cloth shopping bags
- Plastic produce bags
- Use your own travel cups
- Use refillable water bottles
- Bring a container for leftovers
- Compost plant scraps, lawn clippings, coffee, tea bags ...
at Wyoming Food For Thought
- Check out books from the public library
- Shop at thrift stores & garage sales
- Buy recycled fiber products

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ACTION IDEAS

RECYCLE - save

- Newspapers
- White & pastel paper
- Magazines
- Corrugated cardboard
- #1 and #2 plastics
- Steel cans
- Aluminum cans
- Donate items to a garage sale or have your own
- Donate to thrift stores
- Single-use plastic bags and dry cleaning bags at the grocery
- Donate books, records, DVDs, games, puzzles, CDs, magazines to the Friends of the Library
- Newspapers & aluminum cans to Casper Humane Society (8-4 pm)

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UU ECO ACTION CHALLENGE

Clean up your neighborhood

Leanne Woodfill



Janet de Vries



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Add your ideas in the chat box

- Watch PBS Frontline “Plastic Wars”
<https://www.pbs.org/wgbh/frontline/film/plastic-wars/>
- Store your recycling until the City reopens recycling depots
- OR Casper Curbside Recycling [307-702-0257](https://www.caspercurbsiderecycling.com/)
<https://www.caspercurbsiderecycling.com/>



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