

- ✓ Composting can cut your trash by 12%! There are compost bins available for purchase (\$45) at the Town Hall. There is a limited quantity sold on a first-come first-served basis. To order a compost bin call Town Hall at 329.4100.
- ✓ BYOB (Bring Your Own Bag). Use your own reusable bags when shopping.
- ✓ When you do use plastic shopping bags, bring them back to the grocery to recycle.
- ✓ Purchase products packaged in materials that the Town of Hampstead can recycle.
- ✓ Choose rechargeable batteries and long-life bulbs.
- ✓ Use ceramic mugs, cloth napkins & towels, plates and silverware instead of paper or plastic.
- ✓ Take your own mug/thermos to the coffee shop – often times you’ll get a discount!
- ✓ Bring egg cartons to your local food pantry where they will reuse them.
- ✓ Look for products with less or no packaging – i.e. tools, fresh produce, dry goods.
- ✓ Avoid individually wrapped portions (cheese slices, juice boxes, etc.).
- ✓ Buy cereals, grains, etc. in BULK – there’s no additional wrapping or packaging.
- ✓ Use concentrated products, such as juice and household cleaners.
- ✓ Make a backyard compost pile for kitchen/yard waste – it’s up to 12% of your trash weight! Learn more at [des.nh.gov/organization/divisions/waste/swrtas/documents/compost\\_flier.pdf](http://des.nh.gov/organization/divisions/waste/swrtas/documents/compost_flier.pdf)
- ✓ Get rid of junk mail. Request that your name be removed from bulk mailing lists. [dmachoice.org/dma/member/regist.action](http://dmachoice.org/dma/member/regist.action)
- ✓ To stop receiving catalogs in your mail: [www.catalogchoice.org](http://www.catalogchoice.org)
- ✓ Donate CDs, DVDs, Books and Videos in the ‘Got Books’ bin at 35 Stage Rd. The Library accepts book donations also.
- ✓ Give unwanted items away on [www.freecycle.org](http://www.freecycle.org) or [www.craigslist.com](http://www.craigslist.com)
- ✓ Donate books, furniture, or clothing to a local thrift store and/or donate them to a charity such as Goodwill or Salvation Army.
- ✓ Donate furniture & working appliances to Good Will or Salvation Army (pick-ups available by SA)
- ✓ Donate formal dresses to Cinderella Project of NH (goes to girls for Prom) [www.thecinderellaprojectofnh.org](http://www.thecinderellaprojectofnh.org)
- ✓ Donate computers to National Cristina Foundation [www.cristina.org](http://www.cristina.org)
- ✓ Donate worn-out athletic shoes: <http://www.nikereuseashoe.com> Nike turns old shoes into playground surfaces and athletic flooring.
- ✓ Donate wearable athletic shoes: <http://www.oneworldrunning.com> which sends to athletes in need in Africa, Latin America & Haiti.
- ✓ Recycle ink/toner cartridges: Check the post office for return envelopes or go to [www.recycleplace.com](http://www.recycleplace.com)
- ✓ Recycle cell phones: <http://greenphone.com/>
- ✓ Recycle foam packing peanuts: Check local pack-and-ship stores or <http://www.loosefillpackaging.com> website locate a drop-off site