

**AVOID**

means looking at what you buy and asking yourself if you really need it. It's wasteful to buy something that you'll soon get tired of and don't need.

**REDUCE**

means to live more careful, so that you have less waste-producing items and habits in the first place.

**REUSE**

means finding another use for the item.

**RECYCLE**

means that a waste item is returned to a manufacturer who can use it to make either the same item again or another product.

**DISPOSE**

means to throw something away which usually ends up in a landfill.