



The ULS Report™

Helping people Use Less Stuff™ by conserving resources and reducing waste.

Practicing the 3 Rs During the Holidays

By Robert Lilienfeld, Editor

I just finished a holiday TV media tour encouraging viewers to reduce, reuse and recycle throughout the season. I provided examples that illustrate how to reduce waste while still celebrating a season of merry making:

Reduce by Giving Gifts of Experience

Museum and health club memberships. Opera subscriptions. Movie, concert or ball game tickets. Even iTunes cards. All of these provide intangible experiences, not material goods. By definition they use less stuff. They also create the most lasting gifts of all: *memories*.

Got a digital camera? Use it to capture and save these experiences. Share the photos electronically with friends and relatives.

Don't forget to pile the family into one car and visit your older relatives. That's probably all they want -- and need most -- from you.



Reuse by Recharging, Re-Gifting, and Re-Thinking

Those cameras and other electronic devices need batteries. Make sure you purchase rechargeables, as the newest ones last longer and can be charged at any time, since they don't suffer from "memory loss" like their predecessors did. When used up, they can even be recycled.

Did you receive something you don't particularly like or need, but know someone who would? Go ahead and re-gift, but make sure that the person who gave the gift to you doesn't know of your decision (or your recipient!).

Plus, re-think about what's important at holiday times. Remember, *The Christmas Song* starts with chestnuts roasting, Jack Frost nipping, and yuletide carols. While gifts are important, they're not really the main event. It's all about family, friends, and tradition.

Recycle by Looking for Products Made from Post Consumer Recycled Materials

I started going to well known stores in search of quality products made from recycled materials. I was very happy to find so many made from recycled plastics. (I have long reminded plastics producers and users: Don't just collect it, use it again!)

Check out the recycling truck I found at Pottery Barn Kids (photo below), made from recycled milk jugs. I also found a line soft sweatshirts and sweatpants at Whole Foods,

made from a blend of organic cotton and recycled soda and water bottles. Bed, Bath & Beyond has cutting boards made from 100% recycled plastics. Macy's has a handy little Totes umbrella made from old soda bottles. For more recycling info, go to plasticmakeitpossible.com and plasticsrecycling.org.

Happy holidays from ULS!

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