



Zero Waste Community Pledge City of Middletown CT

This form can be completed on line at www.middletownct.gov. Once completed, save as a new document and email to kim.orourke@middletownct.gov. Or hard copy can be faxed to 860 344-3590 or mailed to Recycling Coordinator, Middletown City Hall, 245 Dekoven Drive Middletown CT 06457.

What is "Zero Waste"? The Zero Waste International Alliance defines it this way: "Businesses and communities that achieve 90% diversion of waste from landfills and incinerators are considered to be successful in achieving Zero Waste, or darn close."

To maximize source reduction, reuse, recycling, and other forms of sustainable living,

as of _____, I will do my utmost to...
(date)

- Bring my own shopping bags to stores;
- Avoid products sold with unnecessary or non-recyclable packaging;
- Buy items in bulk to minimize packaging;
- Purchase only what I need, and avoid items that are not reusable, recyclable, and/or durable;
- Research products to determine what environmental impact their manufacture or production causes;
- Buy locally and organically produced food or raise my own where possible;
- Avoid wasting food at home and when eating out;
- Compost yard and food waste;

- Change all the light bulbs in my house to compact fluorescents or LEDs and dispose of bulbs containing mercury and other toxic substances properly;
- Avoid plastics made from petroleum;
- Use rechargeable batteries;
- Avoid using disposable dishes, water bottles, cutlery, razors, pens, etc.;
- Buy household and yard products only in quantities that will be used up for specific projects;
- Avoid use of chemicals toxic to humans and animals;
- Take advantage of local household hazardous waste, electronic waste, and prescription-medication disposal options;
- Share yard-care equipment and tools with friends and neighbors;
- Participate in Freecycle;
- Donate usable items to charities or the Middletown Swap Shack, or use consignment opportunities;
- Do double-sided copying;
- Purchase stationery items made from recycled materials.
- Reduce energy use to avoid generation of heat, greenhouse gases, and air pollution by doing as many of the following as possible:
 - Insulating my house or apartment;
 - Buying only energy-efficient appliances;
 - Limiting water use;
 - Limiting use of air-conditioning;
 - Turning off lights and unplugging electrical equipment not in use;
 - Walking, biking, taking public transportation, or carpooling;

- Planning errands efficiently to avoid extra trips.
- Driving a fuel-efficient vehicle, keeping it in good repair, and not leaving the engine running when the vehicle is not en route.
- Reassess my consumption habits;

Name _____

Contact Information (optional) _____

Would you like to receive updates on Middletown's Recycling Program? _____

If yes, please include your email address _____

We welcome suggestions, and the information that you have used the pledge!
Krishna Winston, Chair, Middletown Resource Recycling Advisory Commission,
kwinston@wesleyan.edu or Kim O'Rourke, Recycling Coordinator, 860 344-3526
kim.orourke@middletownct.gov

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