Buy reusable items over disposable items. Bring your own silverware or cup to work rather than use disposable items.

Maintain and repair products such as clothing, tires and appliances so they won't have to be thrown out and replaced as frequently.

Borrow, rent or share items that are used infrequently, such as party decorations, tools or furniture.

Buy used. You can find everything from clothes to building materials at reuse centers and consignment stores. Used items are less expensive and can be just as good as new.

Check out the DEP's waste reduction guide www.nj.gov/dep/dshw/recycling/source_red.htm