

# Reducing Paper Use

We use paper products so frequently in our homes and workplaces that it can be easy to overlook how many pieces we are tossing in a given day. "Americans are the heaviest paper users in the world, with an estimated average yearly per capita consumption of paper products of 700 pounds per year...Costs of hundreds to even thousands of dollars per year per person (or employee) are not rare." Fortunately, this means that the smallest adjustments can yield dozens or even hundreds of paper products being saved from landfills every day.

## Assess Your Mail

"There are over 100 million pieces of junk mail sent out to homes in the United States every year." (Carting) Often, these advertisements include contact details to cancel the service and attempting to reach out to the company to cease these deliveries can reduce annoyance and waste. If that isn't possible, consider reaching for the back of the mail as scrap paper when writing a note or grocery list rather than pulling out a new sheet just for that purpose.

Beyond junkmail, often our mailboxes are filled with paper bills and reading materials that we have ordered such as magazines and newspapers. Taking a moment to sign up for online billing or automatic deductions can save you on postage and keep envelopes out of the trash. For news and entertainment, consider getting your issues online. This will add up to hundreds of pieces of paper saved per year.

## Quit Relying on Paper Plates

We can be so used to the convenience of paper products that we toss hard-earned money into the garbage. This can be seen in the fact that, "...many American homes use disposable towels, napkins, tissue paper, cups and plates almost exclusively. This adds up to a considerable amount of paper usage a year." (Carting) Limit your use of these products and instead pull out plates and fabric napkins. They may be more effort to clean, but they will save you cash and aid the environmental cause.

## Print Smarter

Printing occasionally is inevitable, but taking the time to assess and reduce the necessity can decrease the amount of paper you use. Instead of handing out hard copies for meetings, email the information and encourage people to bring laptops in place of printing it out. If you determine that you do need information printed, be sure to select only the pages you need. Changing these settings before printing takes a few seconds, but can result in a sharp decrease in paper consumption over time.

Produced by the  
Utility Arborist Association Environmental Stewardship Committee  
and Davey Resource Group:



**U A A**  
UTILITY ARBORIST ASSOCIATION

**DAVEY**   
**Resource Group**

## Work Cited

Cali Carting. "10 Ways to Reduce Paper Usage." Cali Carting, Cali Carting, 30 Dec. 2019, [www.calicarting.com/blog/10-ways-reduce-paper-usage/](http://www.calicarting.com/blog/10-ways-reduce-paper-usage/).

Harack, Ben. "31 Ways to Reduce Paper Usage." Vision of Earth, 18 Apr. 2019, [www.visionofearth.org/live-green/31-ways-to-reduce-paper-usage/](http://www.visionofearth.org/live-green/31-ways-to-reduce-paper-usage/).