



Scale Back your Waste Quota by Starting Smart and Recycling Right for America Recycles Day

(Hampton Roads, Va., Nov. 10, 2021) – Americans generate over 290 million pounds of waste each year—the equivalent of five pounds per person per day. For **America Recycles Day, Nov. 15**, askHRgreen.org organizers encourage Hampton Roads residents to scale back their own waste quota by “starting smart and recycling right.”

“By making thoughtful decisions about the products we buy and knowing what to recycle, we could minimize how much waste we produce in the first place,” said Katie Cullipher, an askHRgreen.org team leader.

Starting smart begins when you shop, said Cullipher. Look for products with less packaging or packaging you know can be accepted for recycling, she advised. Avoid [single-use products](#) like straws, plastic cutlery, plastic bags and Styrofoam plates. Bring your own reusable tote bags to the store when shopping. And prioritize the packaging you can reuse, such as coffee cans or glass jars, which can hold dried foods or household items.

Recycling right is also essential, by knowing what should go in the recycling bin. Paper, plastic bottles with a neck or spout, and metal cans are accepted for recycling in localities throughout Hampton Roads, as long as the items are empty, clean and dry.

“And please don’t over recycle,” Cullipher added. “Some well-intentioned people do more harm than good by putting the wrong items in their recycling bin.”

To help residents fully understand what’s recyclable and what’s not locally, askHRgreen.org publishes an online [Recycling & Disposal Lookup Tool](#). It lists by city or county what is recyclable at curbside and through drop-off programs, as well as what constitutes just plain old trash.

For America Recycles Day, many cities and counties in the 757 are holding recycling collections to help residents responsibly dispose of a variety of items, from electronics to thrift store donations to hazardous household chemicals. Check out the listing of regional [America Recycles Day events](#) to find one near you. For additional information about recycling and all things green, visit www.askHRgreen.org.

About askHRgreen.org Celebrating its 10th anniversary this year, [askHRgreen.org](https://askhrgreen.org) is your go-to resource for all things green in Hampton Roads – from recycling tips and pointers for keeping local waterways clean to water-saving ideas and simple steps to make local living easy on the environment. Launched in 2011, the region-wide public awareness and education campaign is administered through the Hampton Roads Planning District Commission and powered by the following members: The cities of Chesapeake, Franklin, Hampton, Newport News, Norfolk, Poquoson, Portsmouth, Suffolk, Virginia Beach, and Williamsburg; the counties of Gloucester, Isle of Wight, James City, Southampton, Surry and York; the town of Smithfield; and HRSD. Like askHRgreen.org on [Facebook](#), follow on [Twitter](#) and [Instagram](#), tune in to [YouTube](#) and catch the “Let’s Talk Green” [blog](#), written by a team of local experts. **For background on askHRgreen.org’s 10th anniversary, take a look!** <https://askhrgreen.org/about/about-askhrgreen-org/>

Media Contacts:

Katie Cullipher, HRPDC Principal Environmental Education Planner
(757) 420-8300; kcullipher@hrpdcva.gov

Elizabeth Evans, Red Chalk Studios
(757) 705-7153; elizabeth@redchalkstudios.com