



## Average Waste Usage per Person per Year

### Plastic Sandwich Baggy

- The average person uses 540 baggies or **0.84 lbs.** per year
- **Sustainability tip:** Use reusable food containers
- Source: <http://ecolunchboxes.com/lunchstudy/>

### Plastic Grocery Bag

- The average person uses 425 plastic grocery bags or **0.93 lbs.** per year
- **Sustainability tip:** Use a reusable tote bag to go grocery shopping
- Source: <http://www.reusethisbag.com/25-reasons-to-go-reusable.php>

### Disposable Coffee Cups

- The average US office worker uses 500 cups or **11.13 lbs.** (paper cup)/**1.65 lbs.** (Styrofoam cup) per year
- **Sustainability tip:** Use a travel mug
- Sources: <http://www.carryyourcup.org/get-the-facts> and <https://www.newscientist.com/article/mg12917562-700-the-cup-that-cheers-environmentalists/>

### Bills

- The average household receives **23 lbs.** of wood in bills each year
- **Sustainability tip:** Pay bills online
- Source: [http://www.huffingtonpost.com/2014/04/22/easy-ways-to-save-earth\\_n\\_5168684.html](http://www.huffingtonpost.com/2014/04/22/easy-ways-to-save-earth_n_5168684.html)

### Plastic Water Bottles

- The average person uses 129 plastic water bottles that are not recycled, or **3.61 lbs.** per year
- **Sustainability tip:** Use a reusable water bottle
- **Source:** <https://www.banthebottle.net/bottled-water-facts/>

### Holiday Cards

- The average person sends out 55 holiday cards or **1.78 lbs.** a year
- **Sustainability tip:** Send greetings online
- Sources: <http://ap-gfkpoll.com/featured/ap-gfk-poll-cards-gifts-cross-religious-lines> and <http://www.greetingcard.org/abouttheindustry/tabid/58/default.aspx>



### Junk Mail

- The average person receives 560 pieces of junk mail or **41 lbs.** per year
- **Sustainability tip:** Unsubscribe from mailing lists
- Source: <https://www.41pounds.org/about/>

### Plastic Straws

- The average person uses 584 straws (excluding pre-packaged straws on drinks) or **3.39 lbs.** per year
- **Sustainability tip:** Use biodegradable or reusable metal or glass straws
- Source: [http://www.nps.gov/commercialservices/greenline\\_straw\\_free.htm](http://www.nps.gov/commercialservices/greenline_straw_free.htm)

### Paper Plates

- The average person uses 230 paper plates or **8.05 lbs.** per year
- **Sustainability tip:** Use glass (or other reusable materials) dishes
- Source: <http://www.columbusgreenspot.org/learn/households/>

### Paper Towels

- The average person uses **45 lbs.** of paper towels per year
- **Sustainability tip:** Use a reusable cloth instead
- Source: <https://www.theenergy.coop/community/blog/banish-paper-towel>

### Disposable Razors

- The average person throws out 52 razors or **2.3 lbs.** per year (Assumes 4 shaves a week and 4 shaves per razor)
- **Sustainability tip:** Use a straight razor or razor with changeable cartridges
- Source: [http://pubweb.epa.gov/superfund/students/clas\\_act/haz-ed/ff06.pdf](http://pubweb.epa.gov/superfund/students/clas_act/haz-ed/ff06.pdf)