

## MANAGING LIFE CHANGES AND NEED A LITTLE HELP?

### REDUCING LIFE CHANGE WASTE CAN SAVE RESOURCES AND SAVE YOU MONEY!

Big life changes happen. Whether it's a new baby, a move, or the unexpected, life changes can leave you with lots of clothes, furniture, and bulky items that you no longer use or have space for.

**Instead of sending your items to the landfill in a Bulky Goods Pick-Up, consider the following zero waste options!**



**Sell:** Post your items online, have a yard sale, or sell them at a flea market or consignment store. Estate planning (to sell or give) may be another helpful option. Search "estate planning" online to find attorneys or financial planners that offer such services.



**Call:** Urban Ore picks up a wide spectrum of reusable goods for free and pays for vintage, antiques, and real wood furniture that's in good condition. For their information, as well as others that may be able to come to you, visit [cvsan.org/reuse](http://cvsan.org/reuse).



**Give:** List your items on the Castro Valley Freecycle.org group, donate them to a thrift store, or ask around to see if you know anyone who wants them or to find other places to donate to. Visit [cvsan.org/reuse](http://cvsan.org/reuse) for a local listing of places to donate your used items that are still in good condition.



**Buy:** If you are looking to purchase large items such as furniture, appliances, file cabinets, entertainment centers, rugs & carpets, please consider thrift shops and reuse depots. They may have just what you are looking for in slightly used, but inexpensive, condition. Visit [cvsan.org/reuse](http://cvsan.org/reuse) for more.



**Check Out:** For a listing and map of Castro Valley businesses that may be able to help, visit [cvsan.org/ReuseMaps](http://cvsan.org/ReuseMaps). CVSan's Reuse Maps highlight businesses in the CVSan community that practice reuse by buying and selling used items, repairing items, or by providing other reuse services.



**Drop Off:** CVSan offers two free collection events each year. In April, sensitive documents for shredding and one additional item such as mattresses or reuseable goods are collected. In August, CVSan often collects items such as electronics, batteries, fluorescent light bulbs, and latex paint. These events are open to CVSan residents and businesses only (bring ID). Visit [cvsan.org/RecyclesDay](http://cvsan.org/RecyclesDay) for more information on these events or visit an Alameda County Household Hazardous Waste facility at [StopWaste.org/HHW](http://StopWaste.org/HHW).

For more details on any of the information listed above, visit [cvsan.org/Reuse](http://cvsan.org/Reuse) or call 510-537-0757.