

For Immediate Release

Date: October 2025

Contact: Christian Garcia (530) 528-1103

Autumn in Tehama County: A Season for Sustainable Choices

As autumn settles in with its crisp air, colorful leaves, and pumpkin-flavored treats, it's the perfect time to embrace sustainability. While enjoying the comforts of the season, it's also an opportunity to think about our impact on the environment, especially when it comes to waste.

Disposable coffee cups are becoming an increasing environmental concern. While they may seem like a convenient choice for your morning caffeine fix, these cups are lined with plastic to prevent leaks. This plastic lining in the paper cups makes them non-recyclable, meaning they ultimately end up as waste in landfills

Statistics show that it's estimated that two-thirds of American adult's drink coffee each day. That may be about 183 million single used cups per day! But here's the good news: small actions can make a big difference. By making a few simple changes this fall, we can help reduce waste and protect our community.

How you can help this autumn — Reduce, Reuse, Recycle, and Rebuy:

- **REDUCE:** Make your drink at home. Making your drink at home will help you save money and reduce materials going into the landfill!
- **REUSED:** Invest in a reusable mug for your coffee or tea. Look for a secondhand container. Insulated cups also keep your drink warm longer than a single used coffee cup.
- **RECYCLE:** Recycle the plastic lid and the cardboard sleeve. To prevent contamination of other recyclable materials, toss that hot cup into the garbage.
- **REBUY:** Support local businesses that prioritize sustainability. Your choices help encourage more eco-friendly practices in our community. Rebuy cups made from recycled material.

Want to learn more about recycling and how it works? Tehama County offers tours of the landfill, where you can see how recyclables are sorted and processed.

For more information on how you can reduce waste this fall, visit www.tehamacountylandfill.com or call (530) 528-1103.