



For Immediate Release

## Are your donated goods going to the right place?

Professional Organizers in Canada (POC) urge Canadians to make conscious decisions when getting rid of unwanted goods.

**March, 2016** - Have you ever placed unwanted furniture on the curb side of your home waiting for the garbage collection to pick it up? Or thrown gently used clothing into a donation bin in a parking lot? Professional Organizers in Canada warn that these may not be the most effective ways to dispose of your unwanted items as they contribute to our landfills and don't always feed back into our communities.

### CONSCIOUS SPRING CLEARING

HOW TO RESPONSIBLY PURGE  
YOUR UNWANTED GOODS

 <b>Home Decor</b>	 Visit Pinterest for DIY upcycling inspiration.
<b>Electronics</b>	Bring your unwanted electronics to Best Buy to have them recycled.
<b>Clothing</b>	For sentimental items consider making a memory quilt.
<b>Furniture</b>	List items on Craigslist or Kijiji or donate to refugee programs.

As spring clearing approaches, experts at Professional Organizers in Canada are offering tips on how Canadians can effectively **organize and dispose** their unwanted goods, ensuring that their contributions feed back into our local communities and make a positive impact.

“Although de-cluttering can be an emotional, exhausting task, knowing unwanted items are going into good hands magnifies the benefits of decluttering and as a result makes the process easier.” says Marie Potter, Marketing Director of POC.

**Furniture:** List items on Craigslist or Kijiji to keep furniture out of the landfill and out of your home. You can also consider donating the money you receive to charity. Restores, run by Habitat for Humanity affiliates, is another option or call 211 to find out how you may be able to donate to the Syrian refugees.

**Home decor:** Visit Pinterest and look up DIY upcycling for a plethora of ideas on how to reuse everyday items and turn them into beautiful, useful home decor pieces.

**Clothing:** Donate your gently used, nearly-new professional attire to Dress for Success or for sentimental items consider making a memory quilt. Worn clothes are great for rags and remember to recycle wire hangers at the dry cleaners.

**Toiletries:** Take unused toiletries to youth and women's centers. You can reuse hotel toiletries by throwing them in your gym bag, creating a travel kit or arrange them in a welcome basket for overnight guests. Hotel shampoos can be used for bubble baths while body lotion is a great alternative to shaving cream.

**Books:** Donate books in good condition to the school library or daycares or seek out a local used bookstore and bring in your books and magazine for a store credit. For encyclopaedias, tear off the covers and recycle the paper.

**Electronics:** Old or unsalvageable electronics must be recycled responsibly. Best Buy has a great program to recycle small and general electronics. They also recycle appliances, batteries, ink and toner. Moving forward, create a bin in your home to house electronics that should be cycled out so that they are ready to go when you are.

**Pharmaceuticals:** Check your medications, prescriptions and supplements; expired or unused items should be taken to a local pharmacy who will properly dispose them. Never flush medication down the toilet or sink.

For assistance in organizing and donating used items or to find a Professional Organizer in your area, visit the POC website at [www.organizersincanada.com](http://www.organizersincanada.com)

### **About POC**

Professional Organizers in Canada (POC) is a national registered non-profit association that provides education, business development tools and a code of ethics for all types of organizers across Canada. Currently representing over 500 Professional Organizers in more than 14 chapters nation-wide, POC's mandate is to provide a supportive environment for members to learn, share ideas, network, and exchange resources. POC also works to educate the public about the organizing industry and the benefits of working with a POC member.

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