

# TIPS ON HOW TO MINIMISE YOUR WASTE



## ***Why not...***

- Buy loose fruit and vegetables rather than over packaged varieties and choose other products packaged in material that is easy to recycle.
- Buy products like washing up liquid in large quantities to minimise packaging waste.
- Hire tapes, records and CDs from your library and video shop.
- Buy products made from recycled material.
- Buy re-useable cotton nappies and if possible use a nappy service. Real Nappy Association: 020-8299 4519
- Buy wrapping paper in rolls, rather than single sheets which could mean that you use more than you need or have waste that cannot be used.
- Use festive ribbons and bows for gifts throughout the year.
- Consider buying a reusable Christmas tree or arrange for your real tree to be collected for shredding.
- Pass unwanted toys and clothes to neighbours, nurseries or charities.
- Use a milk delivery service.
- Treat yourself to a refillable pen.

## ***Why not think twice before...***

- Buying bottled water when chilled tap water might do just as well.
- Using disposable products e.g. tissues, face wipes, razors, paper and plastic cups, plates and cutlery.
- Throwing away your garden waste; can you compost instead?
- Using cling film and aluminium foil to wrap food. Consider using boxes with lids instead.
- Reaching for a plastic bag at the supermarket. Consider buying a re-useable plastic bag or take your own.