



# Reduce, Reuse, Recycle

Waste is a problem. Fortunately there are things that we can all do about it. We call these the 3Rs - reduce, reuse and recycle.



**Reduce** The amount of the Earth's resources that we use.

Reduce means cutting the amount of stuff you use in the first place so that you have less to throw away.

**Reuse** Don't just bin it! Could someone else make use of it?

Reuse means using things again (and again and again).

**Recycle** Can the materials be made into something new?

Recycling means using things that have already been used, to make new things.

It is much better to reduce waste in the first place as then there is less to deal with. Reusing things is the second best option as it saves you buying new things. After you have reduced and reused as much as you can, recycle.

# Ten Tips for Reducing Energy Consumption

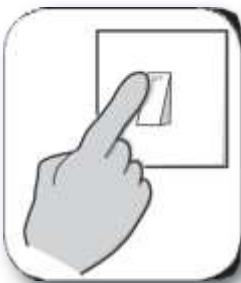
1. Did you know that almost everything can be recycled? Get a multiple compartment bin or separate boxes to help you to split up your recyclable items instead of throwing them away and sending them to landfill.



2. Get composting! Teabags, vegetable peelings, food waste and garden clippings can all be composted - this also continues the cycle of natural waste returning to the earth which helps new things to grow.



3. Make sure your unwanted stuff gets used again - don't throw it away. Take it to a charity shop, organise a car boot sale or sell it online.



4. Switch off! Reduce your energy consumption by turning appliances off - don't leave them on standby as this still uses energy. As well as reducing energy bills this will help the environment too.

5. Have a 'greener' winter by putting on an extra layer of clothing instead of turning up the heating. Increase your home's insulation by using draft excluders on doors and keyholes, by placing silver foil behind radiators and making sure that windows and doors are closed.



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6. Save water by taking a shower instead of filling up the bath. Keep the tap on low pressure for only as long as you need to. If you turn the tap off whilst brushing your teeth you will save around 10 litres of water. Only boil the amount of water you need for drinks and cooking.



7. Eco-friendly cleaners are kinder to the environment. You could try some alternative cleaning methods - use baking soda and water to clean your kitchen and add white vinegar to water for sparkling clean windows!

8. Get on your bike, take the bus or walk - all of these travel methods will help to reduce the amount of CO<sub>2</sub> emissions released into the air.



9. Imagine how many air miles your fruit and veg have clocked up to reach you - consider buying food produced locally or get green-fingered and grow your own to save on emissions caused by food transportation all over the world.

10. Although a lot of packaging can be recycled, it's more beneficial to the environment to choose products that are sold with little or no packaging. Take your own reusable bags when you go shopping.

