

Shopping tips...

- » Don't forget to take your reusable shopping bag, backpack or box when you head to the shops. Most stores are now single use plastic bag free.
- » Buy in bulk to reduce the number of packages, it also saves money.
- » Buy fruit and vegetables loose instead of pre-packaged.
- » Choose items that are reliable, repairable, refillable and reusable.
- » Buy products made from recycled materials. Purchasing these products helps to create markets for the materials collected in recycling programs.

Home hints...

- » Remember homemade ice blocks? Grab a reusable ice block tray and be creative with juices, fruits and milk.
- » Use food and garden waste for compost, mulch and worm farming.
- » Put food-soiled newspapers into the compost.
- » Re-use as many items as possible (jars, bags, envelopes, scrap paper).
- » Save coloured paper or children's drawings throughout the year and use it for wrapping presents.
- » Don't forget to recycle your household glass, paper, cardboard, aluminium, steel cans and plastic in the yellow lidded bin.



Recycle Night? Recycle Right!

Every fortnight we do it. Close the lid on our recycling bin, wheel it out to the kerb, and... forget about it. When using your recycling bin, think about how your actions might impact on the people who process your recycling.

Everyone wants to recycle right and sometimes we need a little help to Recycle Right on Recycle Night.

RECYCLE NIGHT TIPS

Follow these helpful tips to ensure that the items you put in your recycling bin can be recycled:

- » No food scraps
- » No containers with liquid in them
- » No garden waste
- » No recyclables in a plastic bag
- » No nappies
- » No chemicals
- » No shredded paper
- » No bed linen
- » No clothes
- » No styrofoam
- » No furniture or household items
- » No scrap metal (like car parts)
- » No ceramics (like cups or plates)
- » No sharps
- » Remember to please wash your containers



For more information
please visit:
www.recyclenight.org.au

waste.reroc.com.au

reroc
waste forum

HOW YOU CAN

HELP
REDUCE

WASTE AT HOME
AND AT SCHOOL



🍃 The way we choose to live makes a difference, not just at home but in everything we do. Creating a more sustainable environment is all about the decisions each of us make about how we live, work and study.

Reducing waste is just one way that we can help create a more sustainable world. As a parent, guardian or carer you can lead by example through helping your child to reduce waste at school.

Waste Free 🍃 lunchbox tips

- » Much of the waste that is disposed of from a school is created as a result of what children bring to school in their lunchbox. Product packaging and uneaten food cause the most waste. Single serve packaged foods while convenient, are often packed in soft plastic, most of which cannot be recycled creating a great deal of waste.
- » A disposable lunch can generate up to three pieces of rubbish per day, resulting in up to 30kg of waste per child per year! By wrapping food in packaging that can be re-used or recycled (reusable containers, beeswax wraps etc) you can significantly reduce the amount of waste created each year.
- » When packing your child's lunch or snacks consider the amount of waste you may be creating. Half eaten fruit is a common problem, discarded apples with one or two bites in them are regularly found in waste streams at school. When packing fruit, consider whether your child is likely to eat all of it. If they are not eating it at home then they probably won't eat it at school. Consider buying smaller sized fruit, fruit that can be easily segmented like mandarins and oranges so that half can be taken at a time. Small fruit such as strawberries, blueberries and grapes are easy to eat and create no waste.



🍃 When buying snack foods for school consider buying products in bulk and then repackaging into reusable containers, not only will you be helping to reduce waste but you will also save money through bulk purchasing.

The same can be achieved with drinks packed for school. While single use packaging can be convenient it's not environmentally friendly. Purchase a reusable drink bottle that can be refilled and taken to school each day. Waste from items like "popper style" juice boxes and "brick style" drink containers, straws and straw wraps can be eliminated by buying larger containers of product and then putting it into a reusable drink bottle

You can eliminate the use of sandwich wrap by putting food into a reusable container or try beeswax wraps which are reusable.

When you have packed your child's lunch take a minute to consider how much of what is in their lunchbox will end up as waste. Just a few simple changes will reduce waste at school, help the environment and help you save money at home.

🍃 Remember to **always label containers with your child's name and class** so that when they are accidentally left behind they can be returned.

DID YOU KNOW...

- 🍃 The average Australian generates over 2,000kgs of waste each year.
- 🍃 In 2016-17 Australia generated an estimated 67 million tonnes of waste.
- 🍃 In 2018, Australians wasted a total of \$10.1 billion worth of food.

