

Shopping tips...

- » Buy in bulk to reduce the number of packages and save money.
- » Buy fruit and vegetables loose instead of pre-packed in plastic.
- » Choose items that are reliable, repairable, refillable and reusable.
- » Accept less plastic bags and take your own shopping bag, backpack or box from home. It is estimated that each family collects 300-500 plastic bags a year, just visiting the supermarket. Try re-using your shopping bags as garbage bags at home.
- » 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? 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.
- » Recycle your household glass, paper, cardboard, aluminium, steel cans and plastic



Help the Environment

- » Use insulation. A well insulated home is up to 10 Degrees warmer in winter and 7 degrees cooler in summer.
- » Using external shading prevents heat gain during summer. Shading on hot windows can reduce heat absorption by up to 80%.
- » Draught-proof your home. Draughts or air leakages in winter can increase heating costs by up to 25%
- » Stop dripping taps. A dripping tap can waste the equivalent of ten bathtubs of water a month.
- » Install AAA shower heads. They can save around 10 litres of water a minute
- » Buy a water efficient washing machine. A top Star Rated washing machine uses less than 72 litres of water per cycle.
- » Install aerating taps in the kitchen. They are inexpensive and can reduce water flow by 50%
- » Turn off the tap while you are brushing your teeth, a running tap can waste up to 5 litres of water.
- » Reduce the amount of lawn you have. In most gardens lawns use about 90% of the outdoor water. Mulching around plants can prevent up to 75% of evaporation loss, conserving water and reducing run-off.
- » Use a timer on your garden sprinkler. A forgotten sprinkler wastes more than 1000 litres of water an hour.

HOW CAN YOU

HELP REDUCE

WASTE AT SCHOOL AND HOME



🍃 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 makes 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.

Much of the waste that is disposed of from a school is created as a result of what children bring to school to eat and drink. Product packaging and uneaten food cause the most waste, single serve packaged food while convenient create a great deal of waste, much of which cannot be recycled.

When packing a 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 don't eat that amount of fruit at home then they probably won't eat it at school either.



When purchasing fruit consider buying smaller sized fruit, fruit that can be easily segmented like oranges so that only half can be taken, small fruit such as strawberries or dried fruit which is easy to eat and creates no waste

🍃 When buying snack foods such as chips, biscuits, corn chips etc **consider buying the products in bulk** and then re-packaging them into small 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. While single use packaging can be convenient it's not environmentally friendly. If you purchase juice in bulk and then pour it into reusable drink bottles you will eliminate waste such as "popper style" and "brick style" drink containers, straws and straw wraps.

You can eliminate the use of sandwich wrap by putting cakes, sandwiches and cut fruit into a reusable container.

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, costing you and the environment. Just a few simple changes will reduce waste at school and help you save money at home



🍃 Remember to **always label the 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 produces more than ten times their body weight in garbage each year.
- 🍃 Every Australian generates almost 1,000kg of waste each year.

