



Refuse:

Don't buy things you don't need. Avoid disposable products, designed to be thrown away. Don't buy over packaged goods.

Reduce:

Buy things that are well made and will last. Buy things in returnable containers - and return the containers once empty.

Buying in bulk, if you have the money and storage space and need the goods, reduces the amount of packaging.

Try to avoid buying over packaged goods. Some packaging is useful, protecting the contents, providing somewhere to print information about the product and making it easier for shopkeepers to handle.

Taking your own shopping bag means you don't need to use plastic carrier bags.

Using rechargeable batteries and recharging electrical appliances will save on batteries.

Reuse:

Lots of things can be reused. If you can't reuse them yourself try to find someone else who can.

Jam-jars and bottles: if you don't make jam/marmalade/preserves/wine find someone who does. They can also be used for storing all manner of things - but make sure they are properly labelled.

Plastic carrier bags can be reused several times as shopping bags, can be used to take items to be reused/recycled, and can be used as bin liners.

Old clothes, books, toys, unwanted gifts and household goods are easy to reuse: give them to a jumble sale or a charity shop.

Envelopes can be reused with a reuse label (plain or printed) or can be used as scrap paper.

Repair:

Any items, especially electrical items, can be repaired. There are still specialist repair shops though these may not be easy to find. In some places special schemes have been set up which create work for people by collecting and refurbishing second-hand electrical equipment and furniture. If you have things which cannot be reused, repaired or recycled please dispose of them carefully.

Recycle

Recycling is the process of recovering scrap or waste and reprocessing the material into useful products. Glass, paper, plastic, and metals such as aluminium and steel are all commonly recycled. Dead plants, fruit and vegetable scraps can be recycled through composting.