

44 WAYS TO CUT YOUR WASTE

Be food thrifty

Food makes up a substantial amount of what we throw away, but it doesn't have to.

1. Plan your meals for the week
2. Write your shopping list in the layout of the supermarket
3. Freeze leftovers
4. Swap fresh for frozen
5. Take a photo of what you have in the fridge before shopping
6. Keep your fridge below 5°C
7. Have an 'eat me first' shelf in the fridge
8. Freeze and toast your bread
9. Go by 'Use by' rather than 'Best before'
10. Check out food sharing apps like Olio and Toogoodtogo
11. Grow your own herbs, fruit and veg

Find out more at
lovefoodhatewaste.com

Swap out single use

Single use items are very wasteful as they are made to be used once, then thrown away. Luckily there are many reusable alternatives.

12. Carry a 'bag for life'
13. Take a drink bottle or coffee cup out with you
14. Say no to plastic straws and stirrers
15. Use bars of soap, shampoo and conditioner, rather than bottles
16. Give children wooden colouring pencils instead of plastic felt-tip pens
17. Use wax wraps rather than cling film
18. Take your own containers along to a local refill station, like the Spinney 53 or the Hampshire Refillery
19. Use reusable nappies and wet wipes instead of disposable ones
20. Dine in rather than take away
21. Use steel rather than disposable cutlery

What can you make reusable?

Before throwing something out, think about whether it could have a second use.

22. Jam jars to store screws and other small items
23. Bread bags as nappy bin liners
24. Toothbrushes for cleaning in between tiles
25. Junk mail as scrap paper
26. Using a butter wrapper to grease a baking tray
27. Yoghurt pots as seedling pots
28. Egg cartons as paint palettes
29. Tissue boxes as draw dividers
30. Toilet rolls to organise cables
31. A rusty watering can or wheelbarrow as a planter
32. Fruit and veg peelings, paper, cardboard and compostable packaging can be turned into compost

Less is more

The best way to avoid throwing something away might be to think twice about buying it in the first place.

33. Delay before making an impulse buy
34. Only shop when you need something
35. Gift experiences (like theatre tickets) rather than material objects
36. Make the most of what you have
37. Learn how to repair and upcycle
38. Borrow rather than buy – from a library or a friend
39. Avoid fast fashion – buy quality over quantity

Finally...

40. Donate or sell an item if you think someone else might want it
41. Recycle empty aerosol cans, paper, cardboard, food tins, drink cans, and plastic bottles in your green bin
42. Recycle glass and batteries in your black box every fortnight
43. Recycle unavoidable food waste (e.g. peelings) in your brown bin
44. Find local recycling banks on the Recycle Now website

Find out more at
www.eastleigh.gov.uk/waste-bins-and-recycling

