

Your guide to sustainable living: Why is Reduce, Reuse, Recycle important?

There are 7.5 BILLION people in the world and we all have a responsibility to take care of our planet! One of the most effective ways to reduce waste is to not create it in the first place. Making a new product requires a lot of materials and energy. As a result, reduction and reuse are the most effective ways you can save natural resources, protect the environment and save money!

The basics of the 3 Rs

Reduce - make less waste in the first place!

Reuse – Reuse items where possible or find alternative uses for them.

Recycle - Recycle as much as possible so the materials can be used to make something new.

How to reduce

Reducing is the best and most important way of minimising your impact on our environment. It means that you try to reduce the amount of materials that you use and also the resources such as fuel, energy and water.

Examples of how to reduce:

- Don't be tempted by multi-buy offers, only buy what you need to avoid waste!
- Avoid packaging when possible.
- Avoid single use items such as straws, plastic cups and plastic bottles which are used once then thrown away!
- Freeze leftovers so you can enjoy again!

How to reuse

Many items found around the home can be used for different purposes. So, before you throw those items away, think about how they can be reused. For example

- Use a reusable bag when you go to the shops.
- Take a reusable mug to the coffee shop.
- Use rechargeable batteries (and NEVER EVER place in the bin!)

- Transform old clothes and textiles into cushion covers, face coverings and patchwork blankets!

How to recycle

Recycling means to break down an item and to make something new from the materials. Processing these materials still requires time, energy and cost, therefore an item should ideally only be sent for recycling if there is no other way that it can be reused or repaired.

You can recycle so many things such as glass, plastic, organic (garden and food waste), cardboard, tin and paper.

Dispose of any food scraps in a compost bin to create a free and nutritious compost to help make your garden bloom come springtime!

Remember to clean and empty any recycling from old food!

TOP TIP! Break down your cardboard before putting into your recycling - this saves space BUT never crush when it is already in your bin!

Thank you for watching

Produced by Ansa Environmental Services