



# Reduce Waste

## at Home

**Keep Australia  
Beautiful Week**  
August 24 - 30

**Waste lives on**

[www.kab.org.au](http://www.kab.org.au)

### Food & Green Waste

Over a third of household garbage going to landfill is food waste. Set up a compost bin or worm farm to reduce food waste and feed your garden! Worm farms are odourless and don't attract flies, so they can be placed indoors or outdoors.

If you live in apartment blocks, talk to neighbours or body corporate to set up a compost bin for group use and use on the garden. As well as cutting down on food waste, it is a great way to reduce the amount of water needed on the garden.

Compost bins are often not ideal to have in apartments, but there are other alternatives including a 'Bokashi Bucket' which is a 20L bucket that sits under the sink and breaks down food scraps. Simply throw in a handful of the Bokashi matter and scraps are turned into a nutrient rich material that can be buried in the garden.

Talk to your local council about providing a green organic recycling bin for your garden cuttings and other organic materials.

### Shop smart and save!

Plan what you're going to eat in advance. This will save you time and money at the supermarket, as well as reduce waste from unused foods.

Buy non-perishable goods in bulk and also buy in-season to save money and for good health.

Help waste live on in the right way. Purchase recycled products to reduce waste or products made out of recycled materials to give life to old waste.

When purchasing items at the shops choose products with minimal or recycled packaging as a priority. If these are not available, ensure you choose products with packaging that can be recycled – and ensure you reuse or recycle it.

Australians use over 3.9 billion plastic bags a year, that's over 10 million new bags being used every day. Leave your reusable bags in the car front seat to remember to take them into the shops with you. Don't forget to put them back in the car after unpacking the shopping!

If you can't avoid using plastic bags, then avoid buying garbage bags and other plastic liners and reuse your plastic bags instead.

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# Reduce Waste

## at Home continued

### Packaging

Reuse packaging ie: glass bottles can be used to store homemade jams/spreads. Or get creative and use boxes and other packaging for gifts.

Recycle packaging at home - most things can be recycled these days but check with council for specific requirements. The main categories that can be placed in the recycling bin are: Paper & Cardboard, Glass, Plastic, Drink Cartons and Aluminum, Foil & Steel.

Consider taking your own water bottles instead of buying drinks when you're out... this will save you money and reduce waste.

### Reuse & recycle empty printer cartridges at Cartridge World stores

Australians send millions of printer cartridges to landfill each year, leading to around 5000 tonnes of hazardous non-biodegradable waste. Each cartridge can take up to 450 years to decompose.

Refill or recycle empty printer cartridges from your home office at Cartridge World to save money and the environment.

Visit [www.cartridgeworld.com.au](http://www.cartridgeworld.com.au) to find your local store.

### Recycle your old mobile phones & accessories

Between 14 - 16 million old and broken mobile phones are stashed away in cupboards and drawers. Over 90% of the materials in mobile phones, batteries, chargers and accessories can be recovered and reused.

You can save money and the environment by recycling old or broken mobile phones and accessories at your local Cartridge World store.

Just round up as many old phones and accessories as you can and then drop them off for recycling with MobileMuster at your local Cartridge World store.

**Receive a 10% discount cartridge refill voucher** for every handset recycled with MobileMuster at Cartridge World in August. \*conditions apply.

To find out other local drop off points and what happens to the phones, visit [www.mobilemuster.com.au](http://www.mobilemuster.com.au) or call 1300 730 070.

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# Reduce Waste

## when you're Out and About

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### Take-away food

An estimated 50 million plastic bags enter the Australian litter stream every year, taking between 20 - 1000 years to break down. You can minimize take-away food waste and litter by declining a plastic or paper carry bag.

Always 'bag it & bin it' with your take-away food packaging to avoid litter on the streets and ensure it is securely placed in the rubbish bin.

Use your own mug for your daily take-away coffee, or buy a reusable take-away mug. Some cafes even sell them and offer discounts for using your own mug!

Decline optional extras such as the plastic lid on your coffee cup, a straw for your drink and plastic cutlery.

Consider taking your own water bottles instead of buying drinks when you're out - this will save you money and reduce waste.

### Public places

30% of people litter in public places - don't be one of them!

When out and about at the beach, parks or other public places, take along a reused shopping bag to take home your waste for recycling, composting or responsible disposal.

Better still, take along your own food and drinks in plastic containers that can be reused and recycled at home. This will also save you money.

Never leave your litter on the beach or parks - it could harm our wildlife.

### Road travel

Australian highways are one of our problem litter areas. Not only is litter on our highways a visual pollution, but throwing packaging and food scraps onto our roads can result in injured wildlife.

Cigarette butts tossed out of cars can cause fires. Please dispose of butts in your car or personal ashtray.

When going on car travels, whether it be for a long or short journey, always have a reused shopping bag in your car to collect your waste for recycling, composting or responsible disposal.

Other ways to lesson your impact on the roads is to drive a fuel efficient car. Visit [www.greenvehicleguide.gov.au](http://www.greenvehicleguide.gov.au) to find out which vehicles are the most environmentally efficient. Also consider car-pooling when going on trips!

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# Reduce Waste at School

## Nominate an environmental officer for your class or school

Nominate students to be in charge of monitoring litter reduction initiatives, recycling, composting and any other environmental projects your class or school is involved with.

## Run a neighbourhood litter count

Teachers and students can participate in a 'Neighbourhood Litter Count' in or around the school grounds and link it in with litter education lessons.

Information, forms and a 'How to run a Tidy Up' booklet (so you can clean up the litter after your count), can be downloaded from the Keep Australia Beautiful Week (KAB Week) website at [www.kab.org.au](http://www.kab.org.au)

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## Reuse & recycle empty printer cartridges at Cartridge World stores

Australians send millions of printer cartridges to landfill each year, leading to around 5000 tonnes of hazardous non-biodegradable waste. Each cartridge can take up to 450 years to decompose.

The switch to remanufactured printer cartridges is one of the easiest green purchasing decisions your school can make, with immediate environmental and cost benefits.

Contact your local Cartridge World store to find out more about their printer cartridge refill and recycling program for schools. Visit [www.cartridgeworld.com.au](http://www.cartridgeworld.com.au) for details.

## Run a MobileMuster to recycle old mobile phones & accessories

Between 14 - 16 million old and broken mobile phones are stashed away in cupboards and drawers. Over 90% of the materials in mobile phones, batteries, chargers and accessories can be recovered and reused.

Why not run a MobileMuster during KAB Week? Just round up as many old phones and accessories as you can and then drop them off for recycling at your local Cartridge World store.

**Receive a 10% discount cartridge refill voucher** for every handset recycled at Cartridge World in August. *\*conditions apply.*

To order your own free collection box, download educational resources, or find other drop off points visit [www.mobilemuster.com.au](http://www.mobilemuster.com.au) or call 1300 730 070.

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# Reduce Waste

## at School continued

### My Earth lunch wraps

Encourage canteens to shop locally and seasonally. This will minimise your footprint by not travelling as far to the shops, as well as support local farmers.

Install compost bins at your school and make sure that students dispose of their food scraps in the bins provided.

### Reduce your lunch waste

Run zero waste lunch days throughout KAB Week and thereafter at least once a week, encouraging students to bring in their own lunch in reusable containers and bottles.

### Use Recycled Paper

Each Australian uses about 10,000 sheets of A4 paper every year (equivalent to a full grown tree). Manufacturing recycled paper uses 90% less water and half the energy of virgin paper. Do some research and make sure the paper supplied to your school has the maximum available recycled content.

Keep a paper reuse tray beside the printer and photocopier and reuse paper for drafts, notes and internal memos.

### Use refillable or biodegradable pens

In Australia alone, disposable pens add 700 tonnes to landfill each year. Try using refillable pens, recycled pens or even biodegradable pens to significantly reduce landfill.

### Recycle more!

Any material or packaging we don't recover or recycle can take hundreds, even millions of years to break down. A glass bottle up to 1 million years, a plastic bottle 450 years and aluminium can up to 200 years for example.

- Contact your school's waste management supplier to see what recycling services they can provide. Introduce paper and cardboard recycling as a minimum, given the high amounts of paper used by schools. However, if your school is serious about being green, why not expand this to cover all recyclable materials if you can?
- If your school is unable to introduce recycling facilities for packaged products, encourage teachers and students to take them home for recycling to reduce this waste unnecessarily ending up in landfill.

### Turn off all computers and lights after school

Save money and the environment by shutting down computers at night. Form a weekly roster and designate someone to be in charge of checking computers at the end of each day.

Don't leave outdoor lights on all night – use a motion sensor or a timer.

### Introduce a 'walking school bus'

Walking school buses are a safe way for students to travel to and from school under the supervision of parents or teachers. In addition to helping the environment through having fewer cars on the road, it also promotes a fit and healthy lifestyle for students.

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# Reduce Waste at Work

## Reuse & recycle empty printer cartridges at Cartridge World stores

Australians send millions of printer cartridges to landfill each year, leading to around 5000 tonnes of hazardous non-biodegradable waste. Each cartridge can take up to 450 years to decompose.

The switch to remanufactured printer cartridges is one of the easiest green purchasing decisions an organisation can make, with immediate environmental and cost benefits.

Contact your local Cartridge World store to find out more about their printer cartridge refill and recycling program.

Visit [www.cartridgeworld.com.au](http://www.cartridgeworld.com.au) to find the store nearest to you.

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## Run a MobileMuster to recycle old mobile phones & accessories

Between 14 - 16 million old and broken mobile phones are stashed away in cupboards and drawers. Over 90% of the materials in mobile phones, batteries, chargers and accessories can be recovered and reused.

You can save money and the environment by running a MobileMuster in your office and dropping off the phones and accessories collected at your local Cartridge World store.

Why not run a MobileMuster during KAB Week? Just round up as many old phones and accessories as you can and then drop them off for recycling at your local Cartridge World store.

**Receive a 10% discount cartridge refill voucher** for every handset recycled with MobileMuster at Cartridge World in August. *\*conditions apply.*

To order your own free collection box or find other drop off points visit [www.mobilemuster.com.au](http://www.mobilemuster.com.au) or call 1300 730 070.

## Use refillable or biodegradable pens

In Australia alone, disposable pens add 700 tonnes to landfill each year. Try using refillable pens, recycled pens or even biodegradable pens to significantly reduce landfill.

## Use recycled paper

Each Australian uses about 10,000 sheets of A4 paper every year (equivalent to a full grown tree). Manufacturing recycled paper uses 90% less water and half the energy of virgin paper.

Do some research and make sure the paper supplied to your office has the maximum available recycled content.

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# Reduce Waste

## at Work *continued*

### Reduce paper use

- Invest in a printer and photocopier that makes double-sided prints – and introduce mandatory double sided print policies where ever feasible.
- Encourage communications by email, and read email messages on screen rather than printing them. Introduce ‘Please consider the environment before printing this email’ taglines at the bottom of each email sent.
- Reduce fax-related paper waste by using a fax-modem. Fax-modems allow documents to be sent directly from a computer, without requiring a printed hard copy. Also, program the fax so it doesn’t automatically print out a confirmation sheet after every fax.
- Keep a paper reuse tray beside the printer and photocopier and reuse paper for drafts, notes and internal memos.

### Don’t waste energy - Turn office computers and equipment off at night

In a typical office, computers contribute to 85-95% of energy costs. By simply switching them off at night, a business can save an average of \$30,000 annually, as well as save 200 tonnes of greenhouse gas emissions.

Screen savers also waste energy. Protect your screen and save energy by using your computer’s automatic screen sleep and hard drive sleep functions.

### Reduce your lunch waste

Take-away lunch and coffee packaging contributes excessive amounts of waste to landfill. To reduce your waste:

- Reuse your own mug when buying take-away coffees.
- Run a zero waste lunch day at least once a week, encouraging employees to bring in their own lunch in reusable containers and bottles.
- Use office cutlery in lieu of take-away plastic knives & forks.
- Take time out to eat your food in the café or restaurant, rather than taking it away in plastic containers.
- Avoid excessive take-away packaging, decline the plastic carry bag!
- Talk to your regular lunch provider to see if they will allow you to use your own bowls, plates or reusable containers.

### Recycle more!

Any material or packaging we don’t recover or recycle can take hundreds, even millions of years to break down. A glass bottle up to 1 million years, a plastic bottle 450 years and aluminium can up to 200 years for example.

- Contact your office waste management supplier to see what recycling services they can provide.
- Introduce paper and cardboard recycling as a minimum, given the high amounts of paper used by offices. However, if your business or office is serious about being green, why not expand this to cover all recyclable materials if you can.
- If your office doesn’t provide recycling facilities for packaged products, take them home for recycling to reduce this waste unnecessarily ending up in landfill.
- Check the green credentials of your suppliers to see if they can provide reduced packaging options or take back packaging for reuse.

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# Reduce Waste

## when holding an Event

Social events and sports matches can generate a huge amount of waste. However, there are many ways you can significantly reduce the environmental impact of your event.

Here are some ways to reduce waste at your next sporting match, fete or public event.

- Introduce signage that encourages participants to 'Do the Right Thing' with their litter and waste. Also ensure rubbish and recycling bins are labelled and clearly visible.
- Encourage composting of food waste. You can introduce a compost bin or worm farm on the grounds and, with appropriate signage, encourage people to separate and compost their food waste. The fertilizer produced from the compost or worm farm can then be used to keep ovals and gardens healthy.
- At smaller events or sports games, where recycling bins may not be available, encourage patrons to take home their glass, plastic and aluminium bottles and cans for recycling with their kerbside systems.
- Talk to your local waste contractor or local council regarding the introduction of recycling bins and signage alongside general rubbish bins. For larger, one off events, your waste contractor or council may even be willing to provide you with special bins and signage for your event free of charge.
- A great alternative to plastic plates, cups, cutlery etc. is compostable cutlery and crockery made from cane pulp and cornstarch. The cost for compostable plates and cutlery are comparable to plastic and will significantly reduce the environmental impact of your event.
- Provide drinking water in jugs or water coolers rather than plastic bottles.
- Purchase and serve condiments such as sauce, vinegar, salt and pepper etc. in bulk containers rather than individual packets.
- Avoid providing already packaged food in additional take-away plastic or paper bags. Use paper or aluminium wrapping for sandwiches and other food products so it can be composted (paper) or recycled (aluminium).
- Provide program guides and handouts electronically or displayed on large recyclable boards at the event, rather than on paper. For conferences, why not provide guests with USB's at the start of the event with all of the information saved onto it.

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