

PACKAGING

5.4M TONNES OF PACKAGING IS SOLD IN AUSTRALIA.

Just **16%** of plastic packaging is recovered in Australia compared to **63%** of paper and cardboard packaging.

Tips on reducing packaging waste:



GROW YOUR OWN FOOD

With a small amount of space, you can start a balcony garden or an indoor garden. By growing your own food, you will eliminate all packaging, plus the energy expenditure and emissions associated with food transportation. You get to save money too!

USE REUSABLE PACKAGING

Say goodbye to cling wrap and use beeswaxed cotton wraps instead. Try substituting a glass instead of plastic container for your leftovers. If you must buy plastic bags, buy those made from recycled plastic and remember to put your kerbside recycling out loose.



MAKE A SHOPPING LIST

Make a list before you leave home, of only the things you really need to buy. Buying produce from your local farmers' market, grocer or market will limit the temptation of packaged foods and support local business at the same time.

RECYCLE

Unavoidable packaging should be separated into glass, plastic, paper and metal and placed in your kerbside recycling bin. Soft plastics that can't be avoided – including plastic bags – can be recycled at many supermarkets through the REDcycle program.

