



# How to reduce your waste at home

## Why is waste a problem?

In Cardinia Shire, we throw away more than 16,000 tonnes of waste a year, that ends up as landfill. That's the equivalent weight of 38 jumbo jets or 5,461 rhinos.

IT'S not good for the environment, wasting precious resources. Landfilled waste threatens natural habitats, and contributes carbon emissions. More landfill also means an increase in Council's garbage charge. This is a special levy Council has to pay the State Government each year for every tonne of waste that goes to landfill. This garbage charge is costly to Council and is reflected in residents' rates notices once a year.

It's easy to make small changes that make a huge difference to the amount we throw away.

### Did you know?

Council offers a **\$30 rates rebate** if you choose to have a smaller 80 litre bin for your garbage rather than a standard 120 litre bin. Why not challenge your household to reduce waste and save money at the same time?

If you would like a smaller 80 litre garbage bin, call customer service on 1300 787 624 or visit [www.cardinia.gov.au/halveyourwaste](http://www.cardinia.gov.au/halveyourwaste)



Cardinia Shire sends the equivalent of 38 jumbo jets in waste per year to landfill

## Think about the three 'Rs'

**Reduce** – Reducing what you buy and prevent waste being created in the first place is the most effective way to lessen our impact on the environment. Try using reusable coffee cups instead of disposable.

**Reuse** – Using items over and over in their current form or for another purpose is the second most effective way you can reduce waste. How about using yoghurt pots for seed planting pots?

**Recycle** – Make full use of the recycling services Council and other organisations offer to make sure resources don't end up in landfill. Keep an eye out for details of Council's e-waste collections and other initiatives.

**Did you know?** There are other 'Rs' as well – **repair, renovate and refill**. These all help the environment too.





## When at the shops... think about your purchases

When considering how to reduce waste and lessen our impact on the environment, it's important to think about our shopping choices.

All products require raw materials to make. Extraction of these consumes materials and energy. Add manufacturing, packing and distribution and that's a lot of resources and waste generated. Then there is disposal of a product at the end of its life.

Being aware of this helps us make better and more ethical choices as well as sending important messages to manufacturers and retailers.

Ask yourself, do I really **need** it? There is a difference between wanting and needing something. Asking this question will help avoid unnecessary consumption.

Can you borrow, share, rent, lease or buy the product second-hand?

Packaging is another thing to consider while making purchases. Retailers and manufacturers are slowly getting the message that we want less. Buying products with less packaging reinforces this message.

### Tips

- Buy fruit and vegetables loose
- Buy meat and fish from the deli instead of pre-packaged items
- Buy in bulk – one large pack uses less packaging than multiple individually wrapped items
- Buy good quality products that will last. They may cost more initially but will save you money in the long term as they won't have to be replaced as often.
- Avoid 'single use' disposable items
- Use rechargeable batteries
- Choose products with replaceable parts – razors or toothbrushes with replaceable heads

Don't forget your reusable bag while making your smart purchases.

If you can't avoid packaging, try buying packaging that can be recycled easily at home. Look for the recycling symbol and number on plastics. Rigid plastic bottles and containers with numbers 1–7 are recyclable. Flexible plastic packaging, polystyrene and plastic bags aren't yet recyclable at home.

It's important to support the recycling industry and buy products made out of recycled content. Collecting materials for recycling is not viable if we don't buy recycled products.



## Avoid wasting food

In Australia, we waste four million tonnes of food each year. That's the equivalent to 15.4 million tonnes of carbon emissions and amounts to \$5.2 billion spent on uneaten food. Wasting food also wastes the resources used to grow it, like water and energy.

About 40 per cent of the average person's bin contents are food waste, which can easily be composted or put into worm farms.

### Tips

**Get creative with your leftovers** – leftover food can make quick and easy lunches for the next day or could be used to create tasty new meals.

**Think portions** – cups, spoonfuls and scales are useful tools to measure the perfect amount of food to prepare or cook.

**Be smart with storage** – freeze items you know can be frozen to last longer.

**Know your dates** – dates on food packaging can be confusing. 'Use by' dates mean that the food should not be eaten after that date. 'Best before' means the item might not be as fresh after that date.

**Plan your meals** – Making shopping lists can help prevent impulse purchases and buying things you might not need. Plan meals in advance and stick to your list while in the shops. You'll see the difference in your hip pocket as well as what you throw away.

For more information, tips and recipes, visit [www.foodwise.com.au](http://www.foodwise.com.au)

## Get busy in the garden with home composting and worm farming

Home composting and worm farming are inexpensive and natural ways to transform food and garden waste into nutrient rich compost you can use on your garden. Almost half your household waste can be composted and it's easy.

**Home composting** – for best results position your compost bin in shady spot and turn the contents regularly.

**Worm farms** – no need to turn, your worms will do that for you. Don't feed them citrus or onions, they don't like it.

### Want to know more about composting?

Refer to our 'Home composting guide' available soon on Council's website.

### Did you know?

If you buy a compost bin or worm farm you are entitled to a **\$30 rebate**. Keep your receipt and bring it to our customer service counter at Council Offices or visit [www.cardinia.vic.gov.au/halveyourwaste](http://www.cardinia.vic.gov.au/halveyourwaste) for details







## Free your furniture

Many people place goods out for our hard waste collection simply because they do not want them anymore, and perfectly good items can end up in landfill. Do your bit for the environment and help a charity at the same time.

GiveNow has compiled a register of places and organisations you can donate your unwanted, good quality furniture to. Visit [www.givenow.com.au](http://www.givenow.com.au)

There are plenty of forums for advertising unwanted items so they don't go to waste. Anything from building materials to baby clothes can be really useful to others. These forums allow you to give or find items for free:

- [www.freecycle.org/group/au/victoria](http://www.freecycle.org/group/au/victoria) – One of the oldest 'free stuff' forums, the Freecycle Network is made up of many individual local groups. Each local group is moderated by a local volunteer. Membership is free and the FreeCycle movement is not-for-profit.
- [www.yours2take.com.au](http://www.yours2take.com.au) – This website turns one person's trash into someone else's treasure. It's free to use and everything offered on the site must be offered free of charge.
- <http://au.ziilch.com> – List your item for free, people will request your stuff and arrange for an item to be collected for free.
- [www.reusemoose.com](http://www.reusemoose.com) – Another place to advertise free unwanted items.

Or how about selling any unwanted, but reusable items.

- [www.gumtree.com.au](http://www.gumtree.com.au) – listings (to sell, receive or give away items) can be posted on the Gumtree website for free.
- [www.ebay.com.au](http://www.ebay.com.au) – charges a listing fee as well as a percentage of your sale price. eBay has an international reach so items can be traded overseas.
- [www.tradingpost.com.au](http://www.tradingpost.com.au) – is an Australian-only website. Charges an upfront fee to list your item, but comes with a guarantee. Sell it in four weeks or your money back.

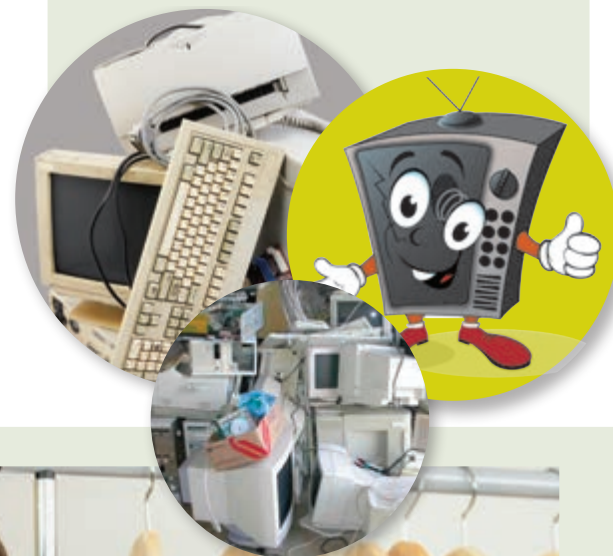
If your furniture is looking a little tired? Try your hand at re-upholstering with some fresh fabric or give it a lick of paint or varnish for a new lease on life.

## Electronics or e-waste

Electrical waste (e-waste) put out with your regular hard waste collection unfortunately doesn't get recycled. Council does, however provide a number of e-waste recycling collections at locations around Cardinia Shire each year. Look out for information in your local paper or on our website [www.cardinia.vic.gov.au](http://www.cardinia.vic.gov.au) for times, dates and locations of the next collection.

Want to recycle a computer? A comprehensive list of computer recyclers in Melbourne can be found at [www.recyclingnearyou.com.au/computers/CardiniaVIC](http://www.recyclingnearyou.com.au/computers/CardiniaVIC)

Considering getting broken electrical items fixed may be more economical than you think, especially with larger electronic items. Check Council's business directory to find firms who repair larger electrical items such as washing machines, dishwashers and vacuum cleaners.



## Clothes looking tired? Or tired of your clothes?

Donating clothing is not a new idea, shops like the Salvation Army and St Vinnies have been around for a long time. Growing in popularity are swap parties and events. You simply swap pre-loved, good condition clothes with someone else. Clothing exchange organise swaps across the country. Visit [www.clothingexchange.com.au](http://www.clothingexchange.com.au).

How about hosting your own swap party? Planet Ark have a DIY kit available to host your own swap party. Visit [www.planetark.com](http://www.planetark.com).



Time to donate or swap!



# Cloth nappies – save money and the environment

It's worth considering cloth nappies instead of disposables if you have young children. Australians throw away about 2.1 billion disposable nappies every year. Most end up in landfill, whilst the rest litter our beaches, roadsides and parks.

Cloth nappies have come a long way with a large variety of funky colours, patterns and new modern fabrics that are easy to wash. You'll even **save up to \$2,000** using them and that's including the cost of washing.

Using them for your second child will save you even more. Even if you only use them when at home and use disposables when away, this will still make a significant reduction in the amount of waste to landfill and money in your pocket.

For more information on modern cloth nappies visit [www.real-nappies.com.au](http://www.real-nappies.com.au) or [www.mygreennappy.org](http://www.mygreennappy.org).



# Advertising material (junk mail)

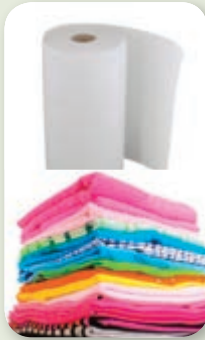
There are around eight billion catalogues delivered around Australia each year. Junk mail makes up six per cent of all paper used, equating to 240,000 tonnes of paper per year.

One tonne of catalogue pages uses 90,000 litres of water to produce. We could fill 8,640 Olympic swimming pools with the water used to produce a year's worth of catalogues.

## What can you do?

- Pick up a 'No junk mail' sticker for your letterbox from Council's offices if you don't wish to receive unaddressed mail items including catalogues. These signs are also available from most hardware stores.

- Register on the Australian Direct Marketing Association 'Do not mail' register by visiting [www.adma.com.au](http://www.adma.com.au). This will stop you receiving mail from any businesses you don't currently deal with. Registrations only relate to ADMA member companies so may not stop all unwanted promotional mail.
- If you want to stop receiving mail from a specific business or businesses, contact the business directly and advise them to take your name off their mailing list.



# More easy tips and ideas

**At school and work** – Challenge your family to 'nude food' lunches at work and at school and see who can have the least waste at lunch.

Be green and read from the screen. If you need to print, make sure you set your default on your computer to always print double sided.

| <input checked="" type="checkbox"/> Trade in your disposable items | <input checked="" type="checkbox"/> Green alternatives |
|--|--|
| Paper towels   | Washable cloths  |
| Aluminium trays  | Baking tins  |
| Tissues  | Handkerchiefs  |
| Disposable razors  | Razors with replaceable blades                         |
| Batteries  | Rechargeable batteries                                 |
| Disposable coffee cups   | 'Keep' cups or reusable cups                           |



Helping you  
**HALVE**  
YOUR WASTE



This information is brought to you by the Halve Your Waste project.

Further information: Cardinia Shire Council  
1300 787 624. [www.cardinia.vic.gov.au/halveyourwaste](http://www.cardinia.vic.gov.au/halveyourwaste)