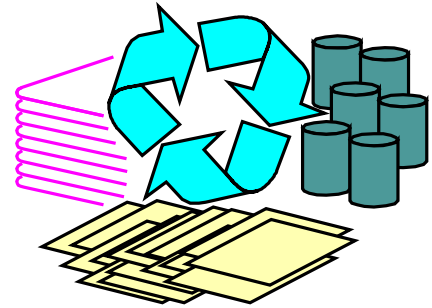


You really can help !!

Reduce

1. Try not to buy things with lots of layers of packaging.
2. Take your own shopping bag to the supermarket - don't keep getting more and more and more and more and more and more and more plastic bags.
3. Buy things that will last - avoid disposables completely.
4. Avoid buying anything that will harm the environment when you eventually have to throw it away.
5. If you think something has too much packaging you could write and complain. There is an official regulation saying that no more wrapping should be used than is needed. Write to your 'Local Authority Trading Standards' or 'Consumer Protection Department'.

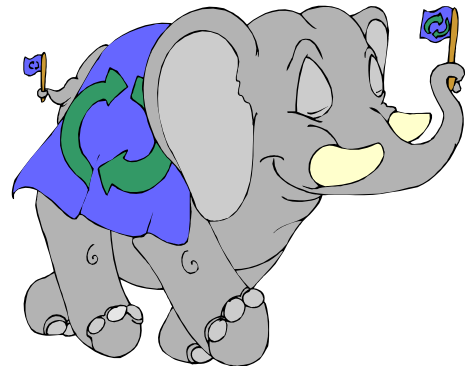


Recycle



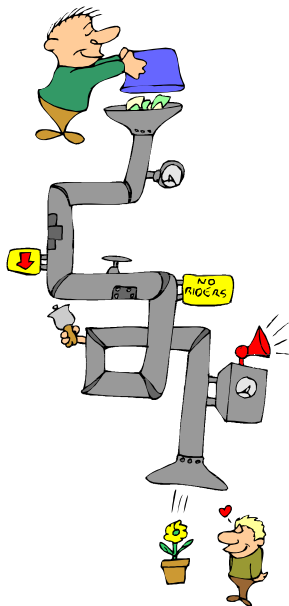
6. Instead of throwing them away, take as many things as you can to the recycling centres.
7. In a lot of places you can recycle all sorts of things: plastic bags, clothes, shoes, drinks cans, bottles, paper and card. You can end up with very little rubbish in your bin.
8. Even if they're a bit more expensive, buy things that are recycled - like toilet paper, kitchen rolls, writing paper. This will help to bring prices down for everyone.

Re-use



9. Re-using is even better than recycling, as there is no need for an industrial process
10. Re-use old containers instead of buying new ones.
11. Give your old clothes and toys to charity shops.
12. Before you buy something new see if you can get the same thing from a charity shop.
13. Don't throw broken things away - repair them!
14. Persuade the buyer in your home to buy refill packs and use old containers - a lot of washing liquids can be bought like this.

Compost



15. Have a separate bin in your kitchen for all the organic waste. Put in all the potato peelings, apple cores, banana skins etc. You can put in paper and cardboard too.
16. Make a compost heap in your garden, and when all the organic waste has rotted down put it back in the soil to grow some healthy food.
17. Start a recycling centre in your home. Find four big boxes and put labels on like this.

18. Encourage everyone in your home to put their rubbish in the right places.

