



## A-Z SEED - R



### Reduce , Re-use and Recycle Today!

The 3 R's are: Reduce, Reuse, Recycle  
We can all do small things every day, in order to save energy, and stop using up resources.  
So remember the 3 R's every day: Most importantly to Reduce how much rubbish we make, second most important is to Re-use products, and thirdly to send materials for Recycling where possible.



### AT HOME

#### Reduce

Reduce your use of washing detergent. - Use a laundry ball or soap nuts. Soapnuts grow on trees and contain a natural detergent, just add water and they make mild suds. Laundry balls go in with your laundry load to make washing more efficient.

Buy energy efficient light bulbs. - Lasting around ten times longer than an ordinary bulb they can save you around Rs.500 a year.

Avoid disposable products such as razors, biro's and nappies - Many parents are now opting to use modern cotton nappies to wash at home or via a Laundry Service.



#### Re-use

Re-use containers for storage - Margarine tubs, and sealable take-away trays are just the right size to put your sandwiches in for a packed lunch. This also avoids using cling-film, which cannot currently be recycled easily.  
Repair broken items and damaged clothes rather than buying new ones.

### IN THE GARDEN

#### Re-use

Collect Rain Water - Use rain water to water your plants and garden.

Net curtains can be re-used for shading areas of the garden and as carrotfly barriers

### OUT SHOPPING

#### Reduce

Try and help to reduce the amount of packaging when shopping.

Pick-Your-Own farms are a great opportunity to choose your own fresh produce and also help to reduce packaging.

Make the most of 'Bulk Buying Schemes'

#### Re-use

Re-use plastic bags from supermarkets and greengrocers for fruit and vegetables

Re-usable batteries If you use a lot of batteries, consider buying rechargeable ones that last for years.

Choose to re-use carrier bags or use strong bags/baskets such as those available through the bag for life schemes at most supermarkets  
Refill.

Used printer cartridges can be refilled, and are much cheaper to purchase than new ones. Ask



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suppliers if they refill them at a discounted price.

## AT WORK

Be responsible for any rubbish you produce at work.

### Reduce

Packing your own lunch will often mean you buy less packaged products, and so produce less waste.

### Recycle

Businesses that have a vending machine or water dispenser using plastic cups can recycle them by joining The Save A Cup recycling scheme

Used engine oil can be cleaned for industrial re-use.

## OTHER CHOICES

### Buy Recycled

Choose goods made with recycled materials. Items such as tissues, refuse sacks, stationery, kitchen rolls and toilet roll, made from recycled products is widely available from supermarkets. Increase in purchasing will encourage the marketplace demand for waste materials and reduce the need to extract raw materials in the manufacturing process.

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