



Waste Aware

Take Home Sheet



Take Action!

You can take some simple actions to reduce the amount of waste your household creates. With your family, look at the food related rubbish you are throwing away:

Reducing Ideas

- Plan family meals.
- Use what you have in the cupboard before buying more
- Avoid items with plastic packaging.
- Buy less or freeze the extra food.
- Encourage family to think **RECYCLE** before putting it in the bin.

Reusing Ideas

- Reuse plastic bags instead of throwing them away.
- If you have leftover food use it for another meal. For example, turn leftover potatoes into potato salad, or leftover roast chicken into a chicken curry!
- Turn jam jars into containers, vases or tea light holders.

Recycling Ideas

- Place only uncooked food into the compost bin.
- Set up different bins in the home to encourage recycling.
- If you have a garden, make a compost heap and use the compost from it to grow your own fruit, vegetables and flowers.

To find details of
what your local
recycling centre
collects visit
www.recyclenow.com