

10 Ways to Reduce Your Household Waste



There are many ways that you can **reduce & reuse** in Perth and Kinross. Inside are ten easy ways that can help you make a real difference to what goes into your bin.



Introduction

Perth & Kinross Council would like to thank all of its residents for taking steps to Reduce Reuse and Recycle more of their waste more often. Taking steps to minimise your household waste helps to protect the environment and reduce the amount of waste we need to dispose of in landfill.

This guide will provide you with information on the following ten tips to minimise your waste.

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For more information on any of the items included in this guide or for general information on waste and recycling visit www.pkc.gov.uk/recycle
 ✉ recycle@pkc.gov.uk ☎ **01738 476476**

Tip 1 - Love Food Hate Waste



In Scotland we throw away 566,000 tonnes of food waste every year and of that 69% could have been avoided if we managed our food better. This is an expensive habit and costs each household an average of £430 each year! Here are some practical tips to help you use food more effectively and save money:

- **Planning and Preparation** - *Planning your meals and food shopping can save you money and reduce your waste as you only buy what you really need. Always remember to write a shopping list.*
- **Portioning** - *Remember to check the recommended portion sizes on ingredients such as rice and pasta.*
- **Storing Food** - *Often the best place to store your fruit is in the fridge, fruit such as apples, oranges and grapes will stay fresher for longer if kept in a cool, dark location.*

For more information, hints, tips and recipe ideas visit: www.wastawarelovefood.org.uk

Tip 2 - Composting at Home



Everything here



Composting at home is a great way to make use of your kitchen and garden waste. Materials such as grass cuttings, branches and weeds along with fruit and vegetables, tea bags and scrunched up cardboard and paper can all be composted at home.

can go in here



To find out more about home composting or to buy a compost bin, please visit or call www.wastawareScotland.org.uk/homecomposting ☎ **0845 0760223**

Tip 3 - Stop the Drop



Unwanted mail generates thousands of tonnes of unnecessary paper waste each year. However, the good news is that it's easy to reduce the amount of unwanted mail you receive and benefit the environment. There are 5 simple ways to do this:

- 1 Register with the Mailing Preference Service (MPS)** - *this can reduce the amount of personally addressed direct mailings that you receive by up to 95%.*
- 2 Write or email to sender** - *when the mail is addressed to 'The Occupier' or delivered to you by organisations other than the Royal Mail, you can write to the sender to indicate that you no longer wish to receive mailings from them.*
- 3 Register to opt out of the Royal Mail's Door to Door service** - *this is the Royal Mail's direct marketing service that delivers unaddressed mail.*
- 4 Opt out of the 'edited' version of the electoral register** - *the edited version is available for general sale and can be used for any purpose. If you do not want your details to appear on the edited register you must tick the box on the voter registration form.*
- 5 Use online services** - *as well as being convenient, you can also request to stop receiving paper bills and statements.*

For more information on all 5 steps visit: www.stop-the-drop.org.uk

Tip 4 - Reduce Your Packaging Waste



Packaging plays an important role in protecting and preserving the products we buy and in most cases we couldn't do without it. However, looking out for products with reduced packaging and reusing packaging where you can makes a big difference to the amount of waste you produce. You can help by:

- *avoiding products that you feel are over-packaged in the first place;*
- *buying concentrated products such as fabric conditioner and squash. They contain less water so can reduce packaging by over 50%;*
- *using refillable products such as liquid detergent and hand wash. They can reduce the amount of packaging used by up to 75%;*
- *reuse food containers and drinks bottles for storing food and packed lunches;*
- *contacting the retailer, brand or supplier if you believe a product has too much packaging. To help you do this you can download a letter template at www.positivepackage.org.uk*

For further information and advice contact Perth & Kinross Council on ☎ **01738 476476** or www.pkc.gov.uk/recycle

Tip 5 - Donating to Charity Shops



Charity shops need donations now more than ever before. You can donate unwanted books, home wares, men's, ladies and children's clothes, accessories, ornaments, bric-a-brac...the list is endless!

As well as donating items that are in a good quality, reusable condition for the charities to sell in store, some also now collect lower quality textiles, such as clothes and shoes for recycling, which raises further funds for the charity. Please try to not leave donations outside the shops when they are closed, as they can block pavements and items may get damaged or stolen. With all of the lovely things donated to charity shops you might want to have a look and see what is on offer.

To find your nearest charity shop or reuse project, pick up a copy of the Perth and Kinross Charity Shop Map from Perth and Kinross Charity Shops, Reuse Projects, Council Buildings, Libraries and Leisure Centres or alternatively check it out online

www.pkc.gov.uk/recycle

Tip 6 - Local Reuse Projects



There are a number of reuse projects in the Perth and Kinross area that can reuse a variety of items ranging from furniture to household textiles and from paint to bikes. Reuse projects keep good quality reusable items out of landfill and make these items available to the local community. For more information on all of these projects, what items they accept and what they do with them visit www.pkc.gov.uk/recycle and look for household recycling and waste minimisation or check your Charity Shop Map (see tip 5).

Tip 7 - Real Nappies



Perth and Kinross Real Nappy Network is a local group which raises awareness of real (washable) nappies. The PKRNN show interested parties how real nappies have changed since the days of terry squares, pins and plastic pants and how today's styles of real nappies are a practical and effective choice for parents. Modern real nappies are shaped to fit, fasten with poppers or Velcro and come in a wide range of fabrics. Using real nappies reduces the amount of waste that a household produces and can also save parents hundreds of pounds compared to the cost of using disposable nappies.

Perth and Kinross Real Nappy Network can offer:

- free demonstrations of real nappies;
- information and advice to get you started;
- hire kits in a range of sizes allowing parents/carers to try real nappies at home.

For more information contact the PKRNN on [01738 476476](tel:01738 476476)

nappies@pkc.gov.uk www.pkrnn.org.uk

Tip 8 - Reuse Your Bags



Remembering to reuse bags has become an everyday habit for shoppers across Scotland.

You can reduce the number of carrier bags you use by:

- remembering to use less - refuse to take any bags that you don't need when you are at the shops;
- remembering to take your own - keep a reusable bag in your handbag, keep a few in the boot of your car and keep bags by the front door so you see them just before you leave the house.

For more information on reducing the amount of plastic bags you use visit:

www.wasteawarescotland.org.uk/bags

Tip 9 - Online Networks



Online networks provide a quick and easy way for you to find a home for unwanted items and also pick up useful items free of charge. Don't forget you can also use notice boards at your local supermarket or internal websites at work.

For more information visit www.pkc.gov.uk/minimiseyourwaste

Tip 10 - Perth & Kinross A-Z Guide



There are now more ways than ever to reduce reuse and recycle your waste. The Council's A-Z guide is packed full of information, hints, tips and contact information to help householders and businesses deal with their waste responsibly. In the A-Z you will find answers to all your waste related questions helping you to make the most of the facilities that are available in Perth and Kinross and nationwide.

For more information or to view our online A-Z or alternatively to download a copy visit

www.pkc.gov.uk/recycle



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Council Text Phone Number
01738 442573

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For more information on all aspects of waste
www.pkc.gov.uk/recycle recycle@pkc.gov.uk
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