

# Tips for reducing your waste



## Minimise Food Waste.

The foods most commonly wasted are bread, cooked food, fruit - especially bananas, vegetables, salad, meat and fish. Food waste can often be a major source of waste. Did you know the average householder spends £70 a month on food that they never eat?

Visit the Love Food Hate Waste website

[www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com) for ideas on reducing your food waste and [www.outofdate.org.uk](http://www.outofdate.org.uk) for tips on saving money and not wasting your out of date food.

## Minimising Other Waste.

Re-consider your food purchases to try and reduce the amount of plastic packaging that you use.

Have you visited your local zero-waste store?

For information about these visit: [www.thezerowastenetwork.com](http://www.thezerowastenetwork.com)



## Maximise Recycling.

It is important that you only put the correct items in your brown recycling bin otherwise it may not be emptied. Items that should be recycled are aerosols, cardboard, paper, plastic bottles, tins and cans. All items need to be clean, dry and loose.

For more information visit: [www.testvalley.gov.uk/waste](http://www.testvalley.gov.uk/waste)

Did you know you can use more than one brown recycling bin and if you have a small, 140 litre recycling bin, we will upgrade it for you.



## Recycling at your Local Recycling Centre (LRC).

Most LRCs collect textiles as well as glass bottles and jars.

Many of our LRCs have facilities for recycling aluminium foil and we have food and drink carton banks at some key locations.

To find your nearest or most convenient LRC, visit: [www.recyclenow.com/recycling-locator](http://www.recyclenow.com/recycling-locator)



## Reusing items.

If your unwanted items are still in good condition, then charity shops, local schools and community groups may welcome them. Why not consider selling them online; at a car boot sale; or donate them to friends and family.

If your electrical items are still in working order they can be taken to your local British Heart Foundation store. If they are broken and beyond repair visit [www.recycleyourelectricals.org.uk](http://www.recycleyourelectricals.org.uk) to find your nearest recycling site.

Alternatively, why not look for a local Repair Cafe where you could gain help and support with repairing an item?

For more information visit: [www.repaircafe.org/en/visit](http://www.repaircafe.org/en/visit)



## Home Composting.

If you have a garden you might consider home composting which helps reduce food waste and provides free compost for your garden.

For more information and for low cost compost bins visit: [www.testvalley.gov.uk/wasteandrecycling/recycling/homecomposting](http://www.testvalley.gov.uk/wasteandrecycling/recycling/homecomposting)

