



# The Three Rs

Being mindful of what we waste is not just about recycling. The Three Rs- Reduce, Reuse and Recycle are key points that everyone should consider when increasing their awareness of waste.

## Reduce

The next time you go to buy something, ask yourself “Do I really need it?”

If you do not buy or use an item in the first place, you will reduce the amount of items that you will eventually waste.

Raw materials are taken from the earth to be made into the items we need or want and some are running out.

If we choose not to buy an item in the first place, then there is no need for us to extract a raw material.

Reducing what you waste reduces your overall impact on the environment.

### Tips for reducing:

- ★ Think before you shop and only buy what you need.
- ★ Use all of what you do buy.
- ★ Buy items that will last a long time and not have to be replaced frequently.
- ★ Store food appropriately and understand the date labels on food to avoid waste.

## Reuse

They say that “one man’s trash is another man’s treasure” and that is where reuse comes in.

Many of the things we throw away have not always reached the end of their useful life.

Reusing these items makes the most of the things we have bought by passing them on to someone else.

Reusing an item prevents the time, money, energy and raw materials required to make something from scratch, as well as preventing pollution from the manufacturing process. It also reduces the time, money and energy required to dispose of unwanted items.

### Tips for reuse:

- ★ Try buying second hand items and donate items that you no longer use or need.
- ★ Take your own bag when you go shopping.
- ★ Try to fix things that might have broken before throwing them away.

## Recycle

Recycling converts used waste and materials into new products.

Recycling prevents perfectly usable materials from going to waste by separating and reprocessing them into another product.

Reprocessing a material means there is no need to use raw materials some of which are running out. It often requires less energy and water to recycle a material than make it from scratch.

### Tips for recycling:

- ★ Know what can be recycled at home and when it is collected.
- ★ Keep a recycling bin next to your waste bin to separate items when you have finished with them.
- ★ Find out where you can recycle items that cannot be recycled on your doorstep
- ★ Buy items that are recycled and come in recycled or recyclable packaging.