



Reducing Waste

Reduce

- Try to buy only what you need.
- When shopping try to buy products with the least amount of packaging.
- If possible buy in bulk or buy concentrates.
- Why not sell or give away your unwanted items?
- Cancel unwanted mail using the Mailer Preference Service www.mpsonline.org.uk or call 0845 703 4599.
- To reduce junk mail call 01642 243183 for a free sticker for your letterbox.

Tick when complete

Reuse

- Why not hold a clothes swapping party with friends?
- Try shopping at a charity shop or car boot sale and look for a bargain.
- Reuse your plastic shopping bags or buy a bag-for-life.
- Learn how to 'upcycle' - converting an unloved item to make it look brand new. You may even be able to sell your creations.

Recycle

- Try to look for products that have been made from recycled materials.
- Buy products that you know can be recycled at the end of their life.
- Why not encourage all your family, friends, neighbours and even your workplace to recycle?



Look for the logos

Tick when complete

- Not sure whether you can recycle something?

Look for either of these logos:



- For further information on recycling, use www.recyclenow.com.
- Mobile phones, computers and ink cartridges can be recycled for charity.

Food waste

- Plan meals in advance - make a list and try to stick to it when shopping.
- Try to avoid left-overs by getting the portion size right, sharing meals with family or friends and freezing left-overs for another day.
- Learn all about best before dates, how to store food correctly and find delicious recipes and useful hints at www.lovefoodhatewaste.com.

Council kerbside recycling

- Use the Council's kerbside recycling collection. For any queries visit the Council website www.middlesbrough.gov.uk and type 'recycling' into the search box or call them on 01642 726001.
- Use the Household Waste Recycling Site (the 'Tip') for recyclable household items not collected at the kerbside - Haverton Hill Road, Stockton, TS23 1PY.

Find out how sustainable you are at www.surveymonkey.com/s/one_planet_middlesbrough

**For further advice www.menvcity.org.uk • 01642 243183
oneplanetmbro@menvcity.org.uk**

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