

# Wise Ways To Reduce Your Waste

## Composting and Worm Farming

Food typically requires a significant amount of resources to be produced and transported. When food is thrown away in the general waste bin, it significantly increases the amount of waste sent to landfill, and also wastes the resources that were used to get it to our plates! One way to reduce your food and other organic waste is by setting up a compost or a worm farm at home. These are both great ways to avoid placing food and garden waste into the general waste bin, and both produce rich fertiliser that can be used in the garden. Additionally, they are inexpensive and easy to set-up, use and maintain. Below is a list of what can and cannot be put into a compost or worm farm:

### Compost

#### Do

- ✓ Three parts brown material to green material.
- ✓ Brown: leaves, twigs, sawdust, shredded paper
- ✓ Green: Fruit/vegetable scraps, grass clippings, prunings
- ✓ Egg shells, tea/coffee, vacuum dust

#### Don't

- ✗ Meat, fish, bones
- ✗ Dairy products
- ✗ Bread/baked goods
- ✗ Diseased plant material
- ✗ Pet droppings

### Worm Farm

#### Do

- ✓ Fruit and vegetable scraps
- ✓ Tea bags and coffee grounds
- ✓ Egg shells
- ✓ Small amounts of paper/cardboard
- ✓ Smaller/shredded scraps are best

#### Don't

- ✗ Meat, fish, bones
- ✗ Dairy products
- ✗ Very acidic foods (e.g. citrus)
- ✗ Very oily foods



## Your Recycling Bin

Recycling at home is a simple way of diverting a significant amount of waste away from landfill and reducing the demand on increasingly scarce raw materials, as existing products are reprocessed into new items. Understanding what can and cannot be placed in your yellow-lid kerbside recycling bin is important in order to decrease the amount of recyclable material lost to the general waste stream (resource loss), as well as reducing the amount of non-recyclables mistakenly disposed of in recycling bins (contamination). The following is a list of items that can and cannot be recycled in the yellow-lid bin:

#### Do

- ✓ Paper and cardboard - newspapers, magazines, milk/juice cartons, cardboard boxes, clean pizza boxes, junk mail
- ✓ Hard or rigid plastics - drink bottles, plastic milk bottles, yoghurt containers, ice cream containers, butter/margarine containers, take away containers
- ✓ Steel tins and aerosols - food cans, large jar lids, coffee tins, pet food cans
- ✓ Aluminium - soft drink/beer cans, clean foil, foil trays
- ✓ Glass - bottles and jars



#### Don't

- ✗ Soft plastics - plastic bags, lolly or chip wrappers
- ✗ Hazardous waste – like medical waste (syringes), chemical waste
- ✗ Cutlery, crockery, furniture
- ✗ Car batteries and car parts
- ✗ Foam or polystyrene
- ✗ No recyclables in plastic bags

Many items that cannot be composted, utilised in a worm farm or recycled are to be placed in the red-lid general waste bin for collection and transport to landfill. Items such as batteries, chemicals, paint and gas bottles may be disposed at community recycling centres. Visit your local council website for further information.