

## Week four – reducing waste and pollution

Landfill mountains have risen like monuments to our waste-making society. Councils who have introduced recycling schemes are to be praised, but, sadly, our national annual volume of waste is increasing faster than the amount going into recycling. Change is up to us. We have choices. We are responsible for the amount of waste we create and the way we dispose of it.

### Actions

Choose two or three of these:

- Don't buy anything that has more than one wrapping
- Buy recycled products
- Avoid individually wrapped and bleached sanitary items
- Don't flush non-degradable items down the loo
- Use recycled bin liners, or don't use bin liners and wash out the rubbish container
- Set yourself a target for waste reduction
- Use only biodegradable detergents
- Measure and record the amount of rubbish that you don't reuse or recycle
- Don't buy anything that you can't eat or recycle in its entirety (including packaging).
- Compost your kitchen and garden waste
- Buy in bulk, if this reduces packaging and you can carry the items home
- Use organic products in your garden (fertilisers, weed control, pest control)
- Buy organic – avoid products from intensive farming.
- Repair products whenever possible

### Research and campaigning

Choose one of these:

- Write to your MP about reducing our dependence on nuclear power
- Ask your local council about how it recycles – what it collects and why it doesn't collect more