



# HOME WASTE CHECKLIST

The Own Your Impact guide to *reducing waste at home*



- BECOME A BETTER RECYCLER**  
Take five minutes to review your local council's advice on recycling. Many councils now accept soft plastics and food packaging in the recycling bin so long as they are clean. Many run regular collections for other more unusual items too such as e-waste.
- CHANGE HOW YOU SHOP**  
Keep a shopping list so that you only buy what you need, plan your meals in advance, and try to remember to take containers and jars with you so that you can purchase in bulk and avoid extra plastics.
- GIVE YOUR BLENDER A WORKOUT**  
There's no excuse for throwing out fruit or vegetables if you have a blender. Use soft or past-their-best items to make delicious smoothies or nutritious soups.
- ADOPT WORMS**  
Worm farming or composting is a relatively easy way to reduce the food waste you send to landfill. Once you've got it up and running it requires only a small amount of maintenance and, as an added bonus, you'll reduce the need to buy fertiliser too!
- GO LOW PLASTIC IN THE BATHROOM**  
With a few quick swaps you can significantly reduce your bathroom waste. Try bamboo toothbrushes instead of plastic ones, and switch your plastic bottles of hair and body soaps for bar or refillable varieties – they're just as good with significantly less waste (and often cheaper!).
- EMBRACE QUALITY**  
Next time you need to purchase an item of clothing or an appliance, remember that price and value for money are two very different things. Avoid fast fashion and buying items with a short lifespan. Instead, if you can, buy better-made products that will last longer.
- CREATE AN 'OUT AND ABOUT' REUSABLE PACK**  
Get prepared and create a set of items that you don't leave home without – a reusable coffee cup, reusable water bottle and small folded bag are great items to include so that you aren't caught short. And when you wash them make sure you return them to your bag or car!
- SAY 'NO THANKS' TO JUNK MAIL**  
This is a very simple way to reduce your household waste by thousands of pieces of paper each year.
- RECHARGE YOUR BATTERIES**  
Each rechargeable battery can replace 1,000+ non-rechargeable ones. It's worth investing in rechargeable batteries – in the long run it reduces the amount of hazardous waste you produce and also saves money.
- BE HAPPIER WITH LESS**  
The simplest way to reduce your household waste is to avoid buying new items in the first place. Try to only purchase items you either really need or love. You'll often find that having less can actually make you happier and leave your house less cluttered.