

Waste Prevention Pack

Pass it on...Reuse your waste!

Car boot sales are the perfect way to get rid of that junk that's been slowly piling up in your garage. You'll be surprised at what you can sell!

Diary of a car boot – use [this handy guide to do your own](#)

The weeks before: First find a sale! There are lots across Suffolk all year round. Go to www.carbootjunction.com and search for car boot sales in your area to reserve your pitch and check the fee.

The days before: Get together all of your belongings you want to sell, along with any tables/ blankets or clothes rails for display. Well displayed items look more attractive and sell!

On the day: Get there in plenty of time to set up for the early bargain hunters! Price your items sensibly and fairly. Remember most people expect to get a good deal!

Useful tips

- Take a float so that you have change to hand.
- A few old carrier bags are always handy.
- Team up with a friend to share a car if you don't think you have enough (also great to share breaks on the day!)

Some items don't sell? Donate leftover items to your local charity shop. Find your closest one at: www.charityretail.org.uk/find-a-charity-shop.

Re-use guide to online selling

Step One: Choose your website! If you're asking people to collect from you, try free sites such as Gumtree, Freeads, Preloved, or local Facebook selling groups. If you plan to send a parcel, consider Freeads or Ebay which let you take payment via Paypal - check the fees first!

Step Two: It's worth taking clear photos. Make sure you have good lighting and if necessary, show more than one angle, including any faults. Post any measurements too!

Step Three: State your price or lowest bid, taking into consideration the condition. You could offer ONO (or nearest offer). See what price people are asking for similar items, and don't forget the postage.

Step Four: Post your advert! If your item doesn't sell within a few weeks, you might want to consider lowering the price or trying a different site.

If you're not interested in making money or your item won't sell, don't throw it away! Try posting on free swap websites such as www.freecycle.org.uk or www.ilovefreegle.org.

Compost at home – it's easy

How to compost?

Step 1: Choose your bin. There's a wide range of compost systems available on our website at: www.suffolk.getcomposting.com

Step 2: Put your compost bin in a reasonably sunny site on bare soil. Choose a place where you can easily add ingredients to the bin and get the compost out.

Step 3: Fill it up! Aim for a 50:50 mix of greens and browns

Greens: uncooked fruit and vegetables, grass cuttings, hedge trimmings, plant pruning's, tea bag and coffee grounds.

Browns: cardboard (incl. eggboxes), twigs, paper (incl. shredded), leaves and eggshells

Around a year the compost will be ready, full of nutrients to help improve your soil quality.

Why compost?

Did you know that 40% of materials put into rubbish bins in Suffolk could be composted in different ways? You can put this to good use by creating a home-made fertiliser to help you garden grow.

Whether you are doing it yourself at home, or as part of a community project, composting helps reduce your rubbish and is an environmentally friendly way of re-using organic materials and making free nutrient-rich soil improver at the end of it!

For more composting advice visit our website or speak to a Suffolk Master Composter volunteer mastercomposters@suffolk.gov.uk

Waste-Free lunch challenge

We throw away 7 MILLION TONNES of food and drink from our homes every year in the UK.

Could you make yourself a waste-free lunch?

A waste free lunch means that you have no rubbish to throw away when you're done (just compostable such as apple cores).

Follow these top tips to create your own waste-free lunch:

- Avoid over-packaged goods such as individually wrapped cakes. Maybe try baking your own.
- Healthy snacks such as fruit can be composted
- Use a cloth napkin you can wash and re-use
- Take your drink in a travel cup or flask – refilling from a larger bottle is cheaper than individual cartons every day!
- Use reusable containers to avoid cling film and foil.

Freeze it

Every day in the UK we throw away 24 million slices of bread.

Think you're not going to finish that loaf of bread in time? Why not freeze it or use this easy recipe to make a delicious bread pudding!

Bread & Butter pudding recipe

1 Preheat oven to 175⁰ C (gas mark 3). 2 Break 6 slices of bread into small pieces into an 8 inch square baking pan. Drizzle

2 tablespoons of melted butter or margarine over bread. If desired, sprinkle with raisins.

3 In a mixing bowl, combine 4 eggs, 550 ml of milk, 100g of sugar, and a teaspoon of cinnamon and vanilla. Beat until well mixed. Pour over bread, and lightly push down with a fork until bread is covered and soaking up the egg mixture.

4 Bake in the preheated oven for 45 minutes, or until the top springs back when lightly tapped.

Cut down your food waste

Top tips to reduce your food waste

- Plan ahead – design your shopping list around the meals you're having that week
- Don't impulse buy – try to resist those special offers!
- Cook the right amount – use a measuring scoop or weigh rice and pasta
- Store food in your fridge between 1 and 5⁰C to keep it fresh

- Use your leftovers – check out www.lovefoodhatewaste.com for hundreds of recipes
- Freeze it! If an item is close to its expiry date freeze it. Did you know milk, bread and cheese can all be frozen?
- Most fruit and vegetables are best stored in the bottom of the fridge
- Have a cupboard of staples such as pasta and sauces so you can easily create a meal from your leftovers

Did you know? Wasted food costs the average household £470 a year, rising to £700 for a family with children. The equivalent of around £60 a month!

Know your dates

- Best before: these are about quality, not safety. Food will begin to lose its flavour and texture after this date
- Use by: this refers to safety, and will be on food that goes off quickly. Do not use after this date.
- Display until/ Sell by: these are instructions for the shop staff, not shoppers.

Did you know you can freeze bananas? Just peel, chop and freeze. Defrost for making into banana cak, or blend with milk to make ice cold banana smoothies!

Upcycling is in

If you have items which are broken and in need of a bit of paint or a simple repair to get them back into shape, why not have a go at upcycling! With a bit of practice and TLC your old furniture could take on a whole new lease of life!

1. First prep your furniture. You might want to sand it down, prime it or get rid of some old flaky paint. If you want to make things super easy, you could use chalk paint and skip this step altogether!
2. Apply the paint! Be creative; try different brushes to achieve different textures. You might want to wait and apply a second coat after the first has dried.
3. For a distressed look, use medium-grade sandpaper to rub gently on the areas you want to expose, revealing colour underneath. Don't go overboard here: less is more, and you can always do more later on!
4. Finally add some more wax and then take a lint free cloth and buff to give a lovely smooth finish.

Let your upcycling mind go wild!

Cloth nappies – it's a super time to change

Cloth Nappies can benefit your baby, your budget and the environment! They can save you up to £500 and they are easy to wash and use.

One child in one year uses over 2,000 disposables...that's compared to just 25 reusable nappies!

It doesn't have to be all or nothing... Even if you use just one cloth nappy each day it saves you from throwing away 365 disposable nappies every year!

Cloth nappies in Suffolk

Each year in Suffolk 8,000 tonnes of disposable nappies are sent for disposal – that's the same weight as 45 blue whales!

So why not try cloth nappies for FREE with a Suffolk Cloth Nappy hire kit. You can borrow a kit for a whole month to see how easy it is to choose cloth! Find out which style suits your baby before you spend any money.

Suffolk Cloth Nappies are a small team of parents who offer free and impartial advice as well as ongoing support to local families wishing to use reusable nappies on their babies.

To enquire about a FREE hire kit or find out more information about cloth nappies suffolkclothnappies@outlook.com and Suffolk Cloth Nappies Facebook groups.

Stamp out junk mail

Over 170 kg of paper and card are thrown away by every household in Suffolk – that's nearly 3 trees worth. It is estimated that some households can receive up to 650 pieces of junk mail a year!

An easy way to reduce your paper waste is to reduce junk mail. You could:

- Register with the Mailing Preference Service. This is a free service which allows you to have your name removed from the majority of mailing lists. Visit their website at www.mpsonline.org.uk
- Register to get your bills, statements and newsletters via email
- Opt out by contacting the Royal Mail Helpline and they will send you an 'opt-out- form. Email: optout@royalmail.com
- Sign up for our waste and recycling email newsletter at www.suffolkrecycling.org.uk
- To discourage traders/people putting junk mail through your door, front door put a sign up by your door.

Switch off your E-waste!

Nearly 25% of electrical and electronic equipment taken to Recycling Centres (worth around £200 million a year!) could be reused.

5 top tips for reducing your electrical waste:

1. Re-evaluate. Do you really need that extra gadget? Try finding one device with multiple functions.
2. Extend the life of your electronics. Buy a case, keep your device clean, and avoid overcharging the battery.
3. Recycling Centres and some charity shops accept donations of working electricals. Check before you visit www.charityretail.org.uk.
4. Repair or upgrade - often only one component is actually broken, not the whole thing. Check out www.ifixit.com or www.familyhandyman.com to help you repair your item!
5. Refurbished items have been taken back by the manufacturer who makes sure they still work. When you buy refurbished, you save money and reduce waste!

Recycling E Waste

Why is it so important? Many electricals contain hazardous materials and precious metals. By recycling your electricals all the raw materials can be separated and used again.

Nothing else you can do to bring your old electricals back to life? Please don't chuck them in the bin! Take them to your local Household Waste Recycling Centre for recycling.

Did you know? Household batteries can be recycled at Recycling Centres and many shops too.

Be a smart shopper

Up to a quarter of the rubbish you throw away is packaging, and a large proportion of it is completely unnecessary! It comes at a cost for you and the environment.

Why Shop Smart?

By making smart shopping decisions, we can reduce our impact on the environment by reducing the amount of waste we produce. Less waste means less energy and raw materials being used to make new products. This reduces greenhouse gas emissions and keeps valuable materials away from disposal.

Next time you spot over-packaging when shopping, why not send an email or use social media to let the manufacturer or supermarket know?

Shopping Smart tips

By following these TIPS and becoming a smart shopper, you can reduce your waste and save some money at the same time!

- Say no to plastic carrier bags and take reusable bags for life
- Avoid disposable products, such as batteries, cleaning wipes and razors
- Think about buying the best quality goods you can afford, to avoid regular
- Avoid over-packaged goods buy loose fruit and veg!
- Think about buying rechargeable or reusable items to reduce rubbish and save cash
- Choose refills and larger sized products

Find lots more ways to become a smart shopper at www.suffolkrecycling.org.uk

Swishing

What is swishing?

Swishing is the guilt free way to update your wardrobe! Swishing works like a giant clothes swap: you bring items you no longer wear and exchange them for something new-to-you!

Why swish?

- It saves you money and it's a great way to get some new pieces for your wardrobe!
- Swish events can be social occasions too – for old friends or new!

Step by step guide

1. Guests! Think about who you'd like to invite, your friends, your work colleagues or everyone in the neighbourhood? Try to involve as many people as possible!
2. When? Decide on a date for the event. This could change depending on who your guests are – perhaps a weekday evening so people can pop in after work?
3. Venue! Could you hold it in your home, or do you need to hire out a local hall? If you need to pay for a venue, ask for a small donation to cover the costs on the night of the event.
4. Send out the invites and get swishing! Ring round, send texts, create an event on Facebook or list your party on www.swishing.org to pull in the crowds. The more people, the wider variety of clothing styles and sizes. Send a reminder out a few days before the event asking people to get their pre-loved items ready and reminding them what they can bring.

Top tip: The simplest swish is conducted on a 'one for one' basis. A voucher is issued to each guest with their number of items written on it, to be checked off at the end of the event. A more complex system is to grade the items by type or price, e.g. 'standard' high street (1 point), and 'premium' designer (3 points).

Love Your Clothes!

In one year, all of the UK's discarded clothing would fill Ipswich Town's Football Stadium 3 times!

Buying Clothes

Loving your clothes starts with smarter buying. This means choosing clothes that are better made, and that will be a doddle to care for. Or maybe you don't need to buy at all – you could hire or swap instead. Buying pre-loved clothes can also be a fabulous way of getting a new look for a fraction of High Street prices!

Care and Repair

Just a little know-how in the care department can make all the difference when it comes to keeping your clothes looking great. [Visit loveyourclothes.org.uk for all of their top tips!](http://www.loveyourclothes.org.uk)

One tip: Do up zips, buttons and bra hooks to prevent them snagging in the wash!

Unwanted Clothes

It happens, sometimes you fall out of love with your former favourites. But before you give your clothes the old heave-ho, have a think about what's best to do with them. You could swap them, sell them or give them to charity! Find your local charity shop at: www.charityretail.org.uk/find-a-charity-shop. Maybe you'll find a must have item while you're there!

Garments beyond repair can be torn up and reused as rags and wipers.

Refashion and Upcycle

Clothes due for an upgrade? Rather than buying new, look for inspiring ways to create a fresh look from the things you already have. By altering, accessorising and combining clothes in new ways, you can revamp your wardrobe and look amazing! See www.loveyourclothes.org for ideas.

Waste-free prezzies

An extra 29,000 tonnes of waste is created over Christmas each year in the UK! Packaging and wrapping from presents are ones of the causes.

Reduce the waste you create from gifts...

- Treat people to a special experience instead of an item such as theatre tickets, a day out or a day of pampering at a spa. Websites like www.groupon.co.uk or www.redletterdays.co.uk can offer great deals.
- Make your own gifts to avoid packaging. Not only will it give a more personal touch, it could save you money. Try making edible gifts or be inspired by quirky gifts made from everyday stuff. See www.pinterest.com for hundreds of ideas!
- If you don't have time to make presents, why not buy upcycled presents instead? Upcycled presents are those made from something old given a new lease of life. Checkout websites like Groupon or Red Letter Days can offer great deals, or check visitsuffolk.com for inspiration.
- Use recyclable paper rather than foil wrapping

Try this [easy and quick guide to making a body scrub](#), or if that doesn't take your fancy, there are hundreds of ideas on the web!

Honey and lemon sugar scrub

Ingredients: 1 lemon (juice of), 2 tbsp honey, 2 tbsp olive oil, Granulated sugar (enough to create the desired consistency)

Method:

1. Put the olive oil and lemon juice in a bowl, and add the honey whilst whisking
2. Pour in sugar, stirring all the while, until you reach your desired consistency
3. Transfer into a clean jar
4. Make it look pretty with a ribbon and a tag stating how to use it!

Why not add a ribbon and home-made tag!