

Using Less Packaging



Changing the way you shop

Reducing packaging is about changing our purchasing decisions and habits. Purchasing locally produced goods from a market, where less packaging is used or buying items loose at the supermarket are good ways of reducing the amount of waste we make.

Having a milkman deliver milk in re-usable glass bottles is another easy step to making less waste. Did you know that on average a milk bottle from a milkman is re-used 20 times before it is recycled? To find your local milkman visit www.findmeamilkman.net or contact Dairy UK on **020 74867244**

For more useful packaging tips and for more information on what is being done to reduce supermarket packaging visit www.recyclenow.com



Easy steps to reduce packaging

1. Buy fruit and vegetables loose - Mother Nature gave them their own packaging but keep them in loosely tied bags in the fridge to reduce the chance of them going bad early. This way you reduce the amount of packaging and food waste going into your bin.
2. Washing detergents, herbs and spices, coffee and hand wash are all available as refills and help you cut down on the amount of packing you have to throw away.
3. Instead of buying individually wrapped, buy everyday items in bulk if you can use them or store them effectively - remember to check storage instructions.
4. Buy concentrated. Concentrated squashes and fabric conditioners last longer and save you money.
5. Consider buying someone an 'experience gift' or ask them what they want. Many unwanted presents end up in the bin.
6. Avoid disposable items like paper plates, razors, batteries (try rechargeable batteries).
7. Ask yourself if the packaging can be re-used or recycled and avoid buying items in packaging which is difficult to recycle.
8. When making a large or specialist purchase (for example a large electrical item), try to find an item that can be repaired rather than thrown away in the event of failure.



For more information on how to reduce your waste, please visit www.recycleforgreatermanchester.com or contact :

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