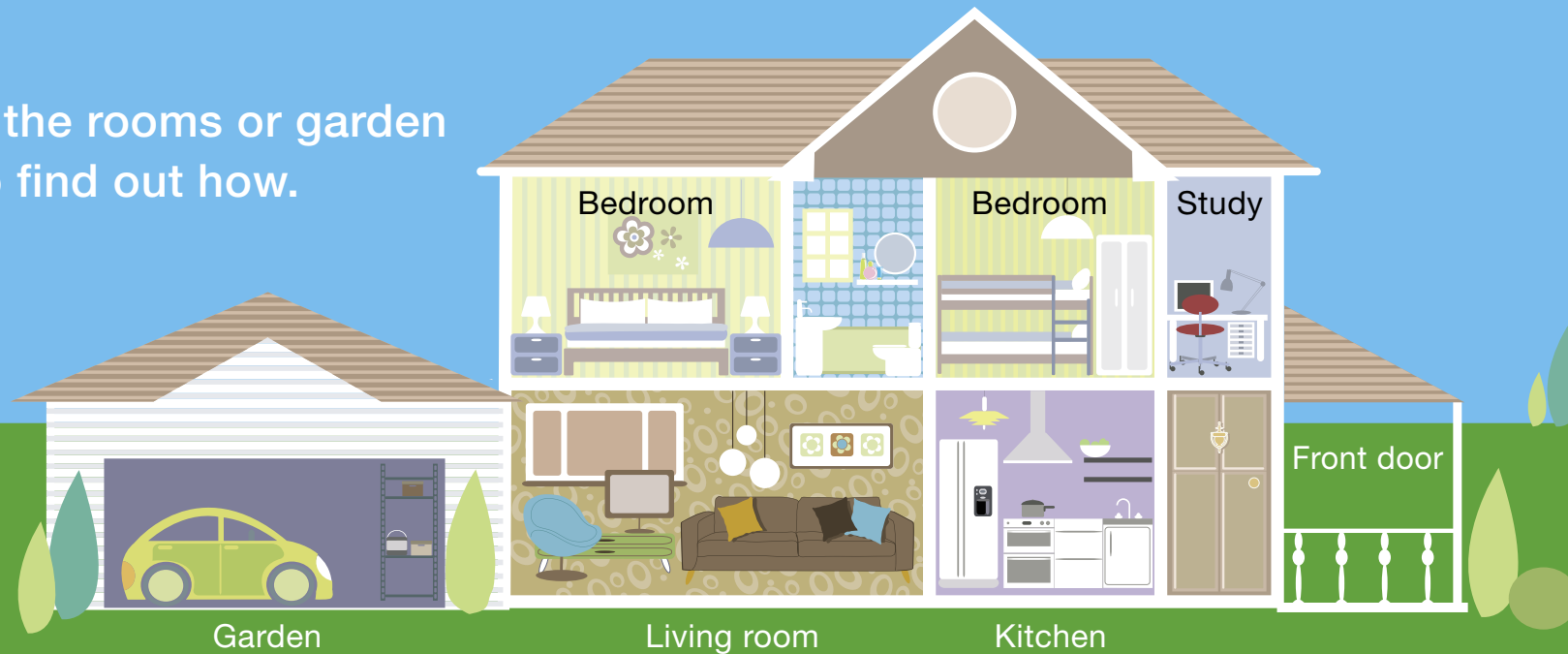


# Reduce and Reuse

It is getting easier to recycle your waste in Westminster, but it should not end there. There are so many other things we can all do to reduce the amount of waste we produce in the first place or even reuse items we might otherwise throw away.

Click on the rooms or garden to find out how.



 reduce  reuse

**Post** - A large quantity of the paper waste thrown away is unwanted mail and circulars. Although this can be easily recycled in Westminster, it is far better to stop receiving this waste to begin with. You can register with the Mail Preference Service by visiting [www.mpsonline.org.uk](http://www.mpsonline.org.uk) or by writing to The Mailing Preference Service, Freepost 22, London W1E 7EZ. Alternatively stop unaddressed mail by writing to Door to Door Customer Service Team, Royal Mail, Wheatstone House, Wheatstone Road, Swindon SN3 5JN.

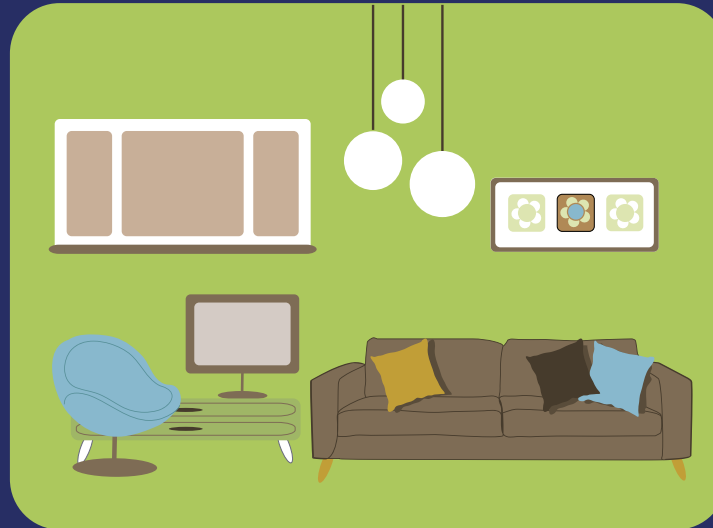
**Circulars** – By writing to the companies concerned or putting a notice on your door you can stop receiving unwanted free newspapers and other circulars.

**Milk Delivery** – Having your milk delivered, often before you even wake up, is convenient, flexible and one less thing for you to worry about, not to mention that the milk bottles can be reused 20 times before they are recycled. You can visit [www.delivermilk.co.uk](http://www.delivermilk.co.uk) to find out about local milk delivery services.



**Books** – Why buy books when you can borrow as many as you like for free from your local library? If you do buy books, once you have read them donate them to a charity shop or swap them with friends.

**Cards and wrapping Paper** – Rather than throwing away old greetings cards or wrapping paper, they can be used to make gift tags or even new cards. Your local playgroup or primary school may accept old cards and wrapping paper for their arts and craft activities.



**Furniture reuse** – There are 4 million children in the UK living in households that can not afford to replace worn out or broken furniture. Therefore any furniture which you no longer need but is in a serviceable condition can be donated to charitable organisations through the Furniture Recycling Network.

**Mobile phones** – Recycling your old mobile phone is not only good for the environment but also benefits many charities. Oxfam, Tesco (for Marie Curie Cancer Care), Greensource Solutions and Redeem will all accept your old mobile phones and make a charitable donation.

**Nappies** – Currently 8 million disposable nappies are thrown away every day in the UK, but there are now excellent alternatives. Gone are the days of terry cloth, safety pins and complicated folding, there are now varying styles, colours and designs, all of which are easy to use, benefit the environment and can save you money. Reusable ones can be easily washed in a normal washing machine without any scrubbing or boiling. Alternatively there are local nappy washing services available which deliver a fresh stack of nappies to your doorstep every week. Westminster offers parents in the borough £40 towards the first month of using a nappy washing service.

[Click here for further information.](#)

**Smart shopping** – One of the biggest differences you can make to what you throw away is at the supermarket. Think about what you are buying and you will not only reduce your waste, but also save money.

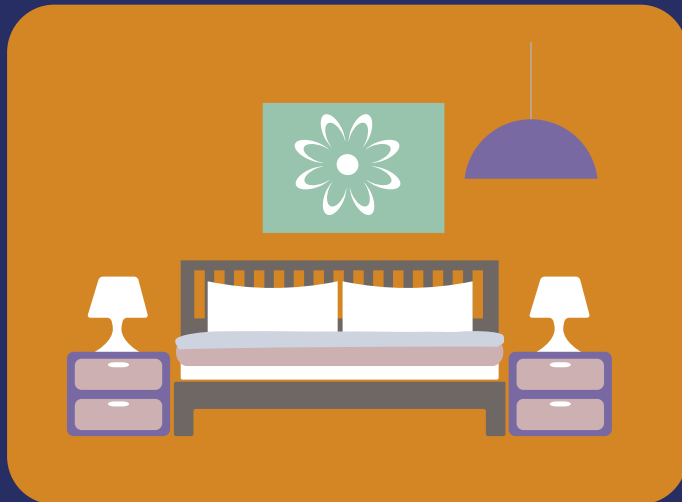
- Take a shopping list with you – plan your spending and avoid impulse buys
- Don't go shopping when you're hungry
- Avoid 2 for 1 offers on fruit and vegetables – they often go off
- Check “sell by” dates
- Buy refills & in bulk to reduce packaging and save money
- Buy loose if you can to avoid excess packaging
- Remember to take your reusable bags with you
- Try recycled products such as toilet paper, tissues, black bags and writing paper

**Bottles & jars** – Glass jars, bottles and ice cream tubs are useful storage containers, lunchboxes or paint pots, so try reusing them.

**Bag for Life** – More and more supermarkets are now offering incentives to customers who reuse carrier bags or use Bags for Life. Supermarkets in the UK currently distribute over 13 billion carrier bags every year, causing a huge waste problem with many ending in landfill. Next time you are at the checkout, consider buying a Bag for Life or even take your old bags with you.



**Repaint schemes** – Many people are left with usable, but unwanted paint after decorating, which often ends up being thrown away. Why not donate it to a local project instead, where it will be used by a charity, community or voluntary group? Community Repaint is a network of paint donation schemes; find your nearest scheme by visiting [www.communityrepaint.org.uk](http://www.communityrepaint.org.uk).

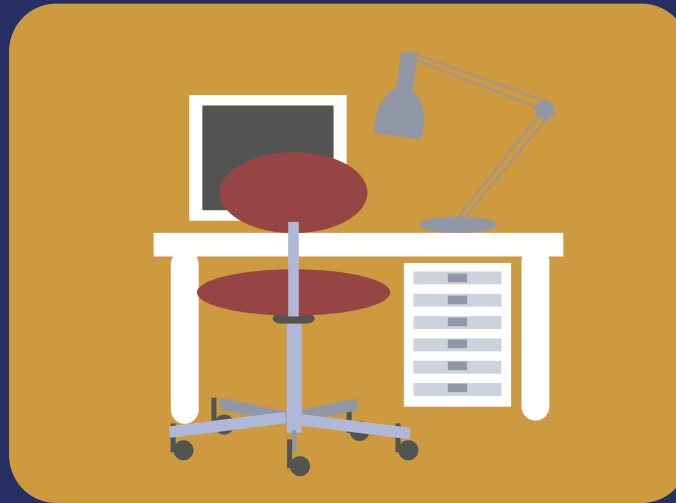


**Charity shops** – Charity shops rely on donations of sellable items to raise funds, so next time you are sorting out your cupboards and find unwanted items consider whether they could be given to a charity shop instead. Clothes, books, toys, kitchenware and furniture can all be given to your local charity shop for resale.

**Swap or sell** – Your rubbish may be another's treasure! Just because an item is of no use to you, it does not mean it has no further value. There are many ways that you can sell, give away or even swap items you no longer want. Visit **Give** or **Take** or **freecycle** to advertise unwanted items.

**Cartridges & toners** – **Redeem** will take your old toners and cartridges, recondition, refill them and then resell them. You can get your own cartridges refilled at Cartridge World, Praed Street Paddington.

**Printing** – Don't print what you don't need, save paper, save ink and save waste!

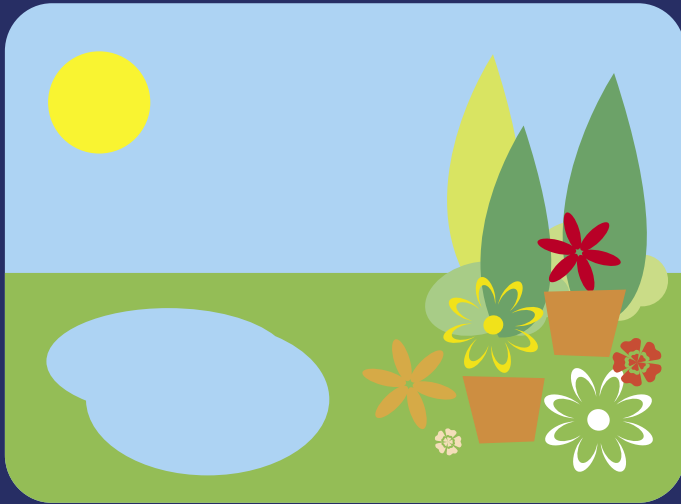


**Emails** – Many companies are changing to paper-free documents, so you may be able to receive your bank statements by email rather than through your door. Contact your bank, building society or energy supplier.

**Electrical Items** – If you have electrical items which are still in working order, try selling them on **ebay** or visit **Give or Take** or **freecycle** to exchange or donate them to others.

**CDs** – These can be donated to your local charity shop or placed in a SCOPE bin at one of the micro recycling centres across the borough. Alternatively they can be used as coasters or in the garden as bird scarers.

**Garden Waste** - Last year over five million tonnes of kitchen and garden waste were buried in landfill sites. By making your own compost at home, you can reduce the amount of rubbish going into landfill and improve the environment in your own back yard. **Click here for more information** including how to buy a subsidised compost bin.



**Plant pots** – Although it is not possible to recycle old plant pots, they can easily be reused again and again.

**Water** – There are many ways you can reduce, reuse and recycle water in the home, including having showers instead of baths, not leaving the tap running (especially while cleaning your teeth) and using a water butt to collect rain for watering houseplants. You can purchase a water butt from your local hardware store or from Even Greener.