

4. Rethink

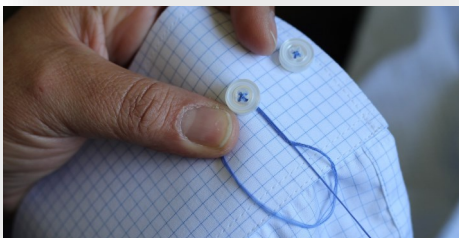
- **Buy reusable packaging** that can be used more than once
- **Think about your impact** on the planet e.g. reduce the carbon miles of your travel and purchases and consider vegetarian options
- **Rethink the way you dispose of waste**
- **Rethink the amount of energy** you use daily
- **Rethink cling film, aluminium foil and baking paper** and replace with 100% food grade silicone sheets

5. Repair

- **Could it be made into something else?**
- **Could it be used for parts?**
- **Do you really need a new one?**
- **Can you give it to someone to fix?** Such as a repair café e.g. <https://repaircafe.org/en/>

Other useful websites

- Compost Revolution
<https://compostrevolution.com.au/>
- One Million Women
<https://www.1millionwomen.com.au/>



Globally, women and girls are more at risk from the impacts of climate change.

Through Zonta's health, education and sustainability activities we empower women and men to create a fairer future for everyone.

Many thanks to Bronwen Haywood from the Zonta Club of Central Goldfields in Victoria for collating this useful information.

If you would like to know more about this Zonta International District 23 initiative please visit:

www.zontasaysnow.org.au

or contact us at:

info@zontasaysnow.org.au

We look forward to hearing from you.



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The 5 Rs Guide

Reduce. Reuse. Recycle.
Rethink. Repair

1. Reduce

- **Choose products with less packaging** e.g. loose fruit and vegetables instead of those packed in hard & soft plastic
- **Use your own produce bags** and “green” bags when shopping and carry a foldable carry bag in your car or handbag for unplanned shops
- **Buy in bulk** non-perishable items (like rice, flour, pet food) to save on packaging
- **Use reusable containers** to pack lunches rather than plastic wrap
- **Avoid plastic or cans** when buying soft drinks in – invest in a soda stream
- **Cook from first principles**, using fresh meat, fruits and vegetables – also saves \$ as fresh food is GST free
- **Avoid use of single use non-recyclable plastic utensils and straws**
- **Use a coffee machine that uses beans** rather than disposable pods
- **Request takeaway food in reusable containers** – many restaurants are happy to provide food using regular ceramic dinnerware – yours or theirs
- **Avoid purchase of water in single use bottles** – buy a reusable water bottle
- **Go paperless** – receive regular bills and bank statements via email and put a ‘no junk mail’ sticker on your letterbox

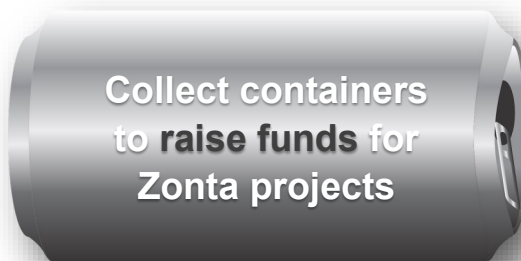


2. Reuse

- **Use packaging or materials in different ways** e.g. some takeaway food containers can be washed and reused for freezer storage, glass jars for home made jams and preserves
- **Use old print-outs** as scrap paper or print on both sides
- **Use something you already have**, rather than buying something new
- **Use cardboard and paper under mulch** in the garden to reduce weeds and improve soil
- **Use a keep cup for coffee**, rather than a disposable coffee cup
- **Buy products that are made from recycled materials**, such as recycled timber and plastic

3. Recycle

- **Aluminium, steel cans, aerosols and clean foil**
- **Paper** including phone books, envelopes, letters, work and school papers, copy paper and office paper, newspapers, brochures, magazines and advertising material
- **Glass bottles and jars**
- **Most firm plastic containers**, such as water bottles and milk & juice containers



Recycle continued

- **Clean soft plastics** can be recycled to Woolworths or Coles via REDcycle <https://www.redcycle.net.au/what-to-redcycle/>
- **Printer cartridges** can be recycled to office suppliers e.g. Officeworks
- **Kitchen scraps** can be
 - * recycled in a bokashi bin <https://www.bokashi.com.au/>, compost bin or a worm farm. When decomposed this adds nutrients to the garden
 - * fed to chooks
 - * used in a council green bin for kerbside collection of garden green waste and household organics if available or make contact with your local community garden. You may also be able to share a green bin with a neighbour or two.
- **Batteries can be recycled** e.g. Aldi
- **Mobile phones** can be recycled via Mobile Muster program <https://www.mobilemuster.com.au/>
- **e-Waste** collection points for small items have been set up at various central points in towns and larger e-waste items are accepted at Council Transfer Stations
- **Clothing, shoes, toys** etc can go to charities such as Vinnies or Salvos

