ZONTA INTERNATIONAL AUSTRALIA

ZONTA SAYS NOW TO GENDER-EQUAL CLIMATE ACTION



The 5 Rs Guide

Reduce. Reuse. Recycle. Rethink. Repair.

This document is designed to be read onscreen



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 non-perishable items in bulk (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 – invest in a soda stream.
- Cook from first principles, using fresh meat, fruits and vegetables – also saves $ as fresh food is GST-free.
- Avoid 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 in regular ceramic dinnerware – yours or theirs.
- Avoid purchasing 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, and glass jars for homemade jams and preserves.
- Use old print-outs as scrap paper or print on both sides.
- Use what you already have instead of buying something new.
- Use cardboard and paper under mulch in the garden to reduce weeds and improve soil.
- Use a keep cup for coffee instead of a disposable coffee cup.
- Buy products that are made from recycled materials, such as recycled timber and plastic.

3 Recycle

Not sure what can go where?
Download the Recycle Mate app for the latest information

Raise funds for Zonta projects -
check your state/territory container deposit scheme.



3 Recycle *Continued*

Check Recycle Mate to see where to recycle:

- Aluminium, steel cans, aerosols, clean foil
- Paper - all types
- Glass bottles and jars
- Plastic containers
- Clean soft plastics
- Printer cartridges
- Batteries - all types
- Mobile phones (also Mobile Muster)
- e-Waste
- Clothing, shoes, toys etc

- and hundreds of other items!

Remember, kitchen scraps can be

- recycled in a council green waste or FOGO bin
- bokashi bin, compost bin or worm farm to add nutrients to the garden
- fed to chooks



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

Websites to help you rethink
1 Million Women
Plastic Free July

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?

Check with your local government for your nearest Repair Cafe



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

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

If you would like to know more about
Zonta Says NOW in Australia,
please visit:

www.zontasaysnow.org.au

or contact us at:

info@zontasaysnow.org.au

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