



Reduce, Reuse, Recycle

The 3 'R's

Reduce, Reuse, Recycle - these three 'R' words are an important part of sustainable living, as they help to cut down on the amount of waste we have to throw away.

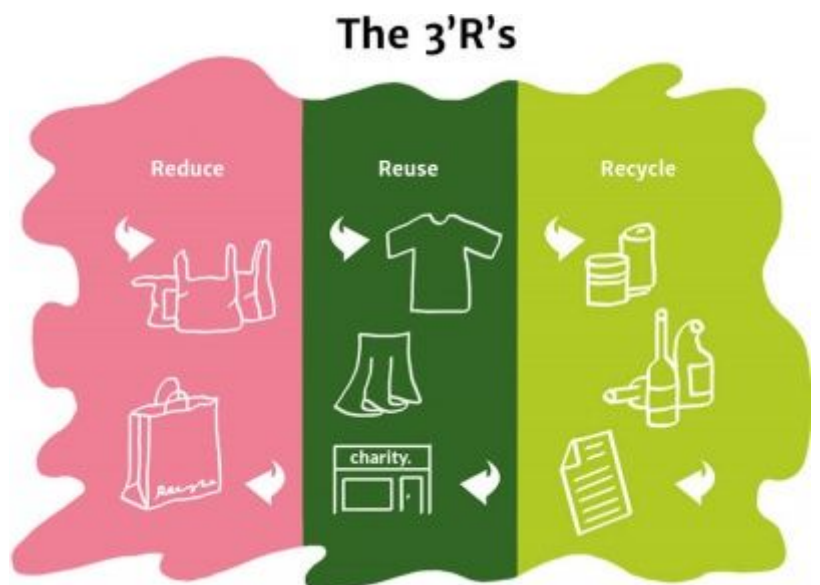
It's Really simple!

1. Reduce the amount of waste you produce.
2. Reuse items as much as you can before replacing them.
3. Recycle items wherever possible.

Using the 3 'R's also helps to minimise the amount of space needed for landfill sites, where waste materials are disposed of.

R1: How can I reduce the amount of waste I produce?

The first 'R' is all about creating less waste. Here are some of the ways you can do this:



1. Only buy what you need
2. Choose products with less packaging
3. Buy in bulk
4. Look for items that you can re-use



Reducing the amount of waste we all generate is a great way to benefit the environment.

R2: How can I reuse what I have?

The second 'R' looks at how you can use certain items again (ideally multiple times) before replacing them. Here are some ideas:



- Refill a water bottle with water from home instead of buying a new one
- Update your computer rather than throwing it out and getting a replacement
- Ditch plastic bags and choose reusable, environmentally-friendly bags instead

A bonus of reusing? As well as helping the environment, you could save money too!

R3: How can I recycle the products I use?

The third 'R' is about making sure you separate items that can be recycled, meaning they can be used for a new purpose.

Materials that can be recycled include:

Glass

Cardboard

Aluminium

Lead Batteries



Before you throw something away, think about whether all or part of it could be recycled.

For example, did you know the components of your old computer can be recycled to make new components?

At school, what can I do?...



• Reduce

- Choose lunch items that don't need excessive packaging.
 - Invest in a lunchbox so tin foil and cling film aren't needed to wrap sandwiches.
 - Invest in smaller containers to bring fresh fruit, nuts and seeds for lunch.
 - When you buy a new school uniform, instead of buying the 'cheapest' supermarket brand school clothes that will need replacing after just a few weeks, buy well made, good quality items that will still look good wash after wash and can ultimately be reused and recycled by other children.
- Fast fashion is a huge problem with regards to environmental pollution. By reducing the amount of clothes we buy and we learn the practical skills of repairing clothes through sewing, we can have a positive impact on the environment.



• Reuse

- Invest in a reusable bottle that eliminates the need for toxic plastic bottles.
- Photocopy on both sides of a sheet of paper.
- Don't bin comics or magazines - swap them with a friend.



- Keep newspaper, magazines, ribbons, buttons, toilet rolls, milk cartons etc for arts and crafts.
- Upcycle old unwanted items, e.g. use an old door to hang school bags.

- **Recycle**



- Put paper and cardboard in the recycling bin.

- Take glass bottles and aluminum tins to the recycling bank.

- Give clothes that are too small to younger brothers and sisters or cousins / friends.

- Donate unwanted clothes / toys /

books to a charity shop.

- Put waste food items into a compost bin to create a rich, nutrient filled compost which is great for your garden, shrubs or potted plants.