



NO WASTE WEEK

Monday June 23rd to Sunday June 29th

Thank you for taking up the challenge of No Waste Week! We anticipate that this will be an interesting week and we hope you enjoy the opportunity to see how close we can get to having a waste free week. In addition to this guidance sheet, we have provided you with some top tips to help you through the week and a record form which we would be grateful if you could complete and return either via e-mail or post. This information is extremely useful in helping us to determine the amount of waste saved and the overall success of the project.

The following information should help you with everything you need to know about No Waste Week.

What do you mean by No Waste?

No Waste means that nothing gets thrown away in the dustbin. As well as trying to cut down on what we use, it means that we only use things that we can reuse, recycle or compost. That way we're left with nothing else to throw away in the bin.

How does No Waste Week work?

No Waste Week runs from Monday 23rd - Sunday 29th June. Throughout this week the aim is to only use things that you can reuse, recycle or compost.

How can I achieve a No Waste Week?

Before the week begins, try to plan ahead and think about all the things you usually throw away, maybe even take a look in your bin and then think of alternatives you could use instead. If you cannot think of an alternative, can you do without it for the week?

For example, when buying bread, you can avoid the plastic wrapping by buying fresh bread over the counter. If wrapped in tissue, you could compost the tissue or alternatively bring your own bag to put it in.

If you buy sandwiches in plastic packs, consider making your own for the week and using reusable containers.

If you buy drinks in cardboard cartons, try buying your drink in a recyclable can instead.

If you eat things like crisps or yoghurt, try buying something different in a container that can be more easily recycled.

Check out what can be recycled locally

Before you start No Waste Week check out the big range of materials that can be recycled in the local area. As well as the materials that are collected from your doorstep, don't forget that the Household Recycling Centres will recycle over 20 different types of material. There has been a recent expansion of plastic bottle banks and banks to recycle Tetrapack cartons so don't forget that you can now recycle these. For more information about your nearest recycling centre or recycling bank, visit www.recycleforshropshire.com or call 0845 678 9009. Charity shops and charity bag collections are a great way to recycle unwanted clothes and gifts and the web based charity www.uk.freecycle.org can be used to find new homes for all sorts of unwanted local items.



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Monday June 23rd to Sunday June 29th

Is it possible to achieve a No Waste Week?

We believe that if you make enough changes, it is possible to achieve a No Waste Week. However, the aim of the challenge is to see how close you can go. Circumstances are different for everyone and even if you don't quite manage to achieve No Waste, you'll find you can have a dramatic effect on the amount you throw away.

What about the waste I produce at work?

We are only looking at household waste so will not be including commercial waste as part of this project. However, this week does include waste that you produce away from home while not at work (e.g. your lunchbreak from work). You may need to bring home items for recycling or composting.

Food Waste

In this country we actually throw away more food than packaging – and much of that is edible food. There are lots of reasons for this, but often it's down to buying too much and then forgetting to use it in time, or cooking too much. There's a lot you can do to minimise food waste:

1. Only buy as much as you need (avoid the temptation of 'buy one get one free' unless you're really going to use them both). A quick check in the cupboards and fridge before you shop prevents you buying what you already have in stock. A shopping list is also a good way to help you keep focussed while you shop!
2. Only cook as much as you need and stick to the quantities shown in recipe books.
3. Freeze any left over food and use another time or cook it up as left-overs the following day
4. Use a compost bin for uncooked kitchen scraps.

The website www.lovefoodhatewaste.com is full of ideas, recipes and advice on how to avoid food waste and includes information on what the "use by" and "best before" dates mean, shopping and storage tips and advice on how much to cook.

What about other members of my household?

If several people want to take part you can register as a household or even a group of friends or work colleagues. You can complete one form between you or a form each, whichever you prefer.

If you are living with other people who do not wish to take part in the week, please make sure that you keep any waste that you do create separate from everyone else's waste.

What do I do with any waste I do produce?

We suggest you use a carrier bag or similar to collect any waste you do create over the week. Make sure you keep it separate from anyone else's waste. If you can, please record the items you dispose of on the record sheet and if possible, please try and measure the contents at the end of the week (see the record sheet for how to do this).



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What about the record sheet?

It is really helpful to the No Waste Week organisers if you are able to jot down some information on the record sheet. Completing and returning your record sheet will allow us to assess the success of the scheme and help us to find ways to tackle waste minimisation in the future. Some of the best suggestions and ideas for reducing waste will come from you so please don't keep them to yourself. We would like to put your ideas on the website for others to see. If possible we would like you to record the amount of waste you throw away the week before No Waste Week and compare it with the amount you throw away during No Waste Week itself. You can do this by weighing the rubbish each time or estimating the proportion you throw away (e.g. 3 and ¼ carrier bags) or any other method that suits you. The rest of the sheet is for you to note down any observations over the course of the week, in particular any specific changes you made or any problems you encountered as well as any other comments you may have.

How can I find out more about reducing waste?

There is lots of information on our website www.recycleforshropshire.com. The section on "reduce and reuse" has lots of information on how to recycle furniture, reduce unwanted junk mail and try out real nappies.

For more information

If you don't have access to the web, please contact Customer First on 0845 6789 009 for more information.

Top Tips for No Waste Week

These tips and ideas have come from people who have done a No Waste Week in other parts of the country. We hope you will find them helpful.

What do I do about things I use that can't be recycled like yoghurt pots, pasta packets, meat packets, crisps and snacks?

Try the following suggestions:

1. Avoid using them for the week (a week without crisps could be a healthy alternative)
2. You could try and make some at home instead (one family had a go at making yoghurt and pasta at home)
3. Use an alternative instead (a smoothie might be a good alternative to yoghurt)
4. Look out for places that sell the product with different packaging (yoghurt is occasionally sold in reusable glass jars)
5. If you can't do any of the above, buy in bulk to reduce packaging (use one large bag of crisps over the week rather than several small ones)



NO WASTE WEEK

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Where can I get things with more reusable/recyclable packaging?

Try the following places:

1. Use local shops which often have more opportunities for less packaging (grocers, butchers and bakers – bring your own containers along)
2. Use the specialist counters at supermarkets (delicatessens, fish counters). This also allows you to buy exactly the amounts that you want
3. Look out for local specialist/health food shops that sell items like pulses and cereals loose and provide refillable containers for cleaning liquids.
4. Make use of local and farmers markets
5. Vegetable boxes often come with minimal packaging and reusable boxes as do products sold in farm shops.

Plan ahead and be prepared

Forgetfulness can sometimes be the biggest challenge during No Waste Week so if you plan ahead, you're more likely to succeed!

1. Plan ahead for shopping and meal times to help you choose items with less waste (some suggested meals are shown below).
2. Remember to bring reusable bags whenever you go shopping (you could even reuse smaller bags for loose vegetables)
3. Bring reusable bags and plastic containers for putting fresh food in (eg bread, fresh meat, delicatessen items etc.)

Some Suggestions for Waste Free Meals

Breakfast

Porridge (often comes in cardboard boxes without an inside bag)

Home made muesli (ingredients can be purchased loose from certain shops)

Toast (unpackaged bread from the baker) with butter (tear the greaseproof paper up and compost it) and jam (in reusable/recyclable jar)

Sausage and mash

Sausage (bring your own container to the butcher)

Potato (buy loose)

Cabbage or veg (buy loose)

Gravy (stock cubes with foil and cardboard packaging)

Chicken casserole

Chicken (bring your own container to the butcher)

Onion and veg (buy loose)

Tomato for sauce (recyclable tins of tomato/puree in tins/fresh loose tomatoes)

Stock (stock cubes with foil and cardboard packaging)

Herbs (in reusable/recyclable jar)



NO WASTE WEEK

Monday June 23rd to Sunday June 29th

Lentil salad

Lentils (in recyclable tins or bought loose from certain shops)

Beans and other veg (buy loose)

Cheese chunks (bring your own container to the delicatessen)

Olives and sundried tomatoes (in reusable/recyclable jars)

Oil and vinegar dressing (in reusable/recyclable bottles)

Beans and egg on toast

Baked beans (in recyclable tins)

Poached egg (compost the eggshells)

Toast (see breakfast above)

Tuna and tomato risotto

Rice (bought loose from certain shops or bought in bulk and stored in sealed container)

Tuna (in recyclable tins)

Tomatoes, spring onions (buy loose, reuse the elastic bands)

Olives (in reusable/recyclable jars)

Herbs (in reusable/recyclable jar)

Out and about and lunchtimes

The following advice will help you when you are away from home, particularly at lunchtimes, for both adults and children.

1. Make your own lunch using your own containers or take your own container along if your local lunch outlet can pack them freshly for you.

2. Bring a reusable flask out with you that you can use over again.

3. If making a packed lunch for a child, the following items can all be reused, recycled or eaten:

Small sandwich sized reusable container for sandwiches or a reusable plastic bag

Reusable flask or plastic bottle

Fruit and or veg (can all be composted)

Homemade snacks (scotch eggs, flapjacks, sausages, left overs)

Sweets and chocolates in recyclable packaging (chocolates with foil and paper, pick and mix sweets)

No Waste Week Report Sheet

We have provided you with a daily diary (next sheet) which we would be grateful if you could complete for each day of the challenge. Please email your answers to joy.blizzard@shropshire.gov.uk, alternatively post it to Shropshire Waste Partnership, The Chancery, Abbey Lawns, Abbey Foregate, Shrewsbury, SY2 5DE

Please note, we will only use your details for the purposes of this project and will not pass them on to a third party.



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Name:

Address:

Postcode:

Number of people in your household taking part:

Normal week's waste: _____

(The amount thrown away over a typical week. You may record this by weight, number of items, number of carrier bags or any other method you find helpful. Ideally the week before No Waste Week is best, although afterwards is fine.)

Waste in No Waste Week: _____

The amount thrown away (if any) over the week (record this in the same way as the previous week for ease of comparison)

Please make a note of any particular actions you took each day to achieve No Waste, listing any specific problems you had, any items you had to throw away and any other observations you wish to make

Mon

Tue

Wed

Thu

Fri

Sat

Sun

End of Project Questions

We really hope that you have enjoyed No Waste Week, and have found it useful and interesting.

Are you going to make any changes as a result of No Waste Week?

Have you got any useful tips that helped you during No Waste Week?

Would you be happy for us to publish these ideas with your name against them?

Do you think you would take part in No Waste Week again?

Would you be interested in taking part in any local publicity? If so please put your contact details here.

Any other comments or feedback on the information provided (what was most/least useful, future suggestions etc.)