

Milton of Campsie Parish Church of Scotland

Stirling Hall Eco Project - TOP TIPS on Reducing your Waste Carbon Footprint

Reduce, reuse, and recycle

You wouldn't believe the amount we waste as a country every year. Tons of material that could be recycled or composted ends up rotting in landfills. Biodegradable waste breaks down to produce methane, which contributes to climate change.

- Each Scottish household throws away an average of **£430** worth of food every year. Get into the habit of using up leftovers to make the most of the food you buy. Less food in the bin means more money in your pocket.
- ***Hate unwanted mails?*** Register with the Mail Preference Service and have your name removed from the direct mail list. Visit stop-the-drop.org.uk for some handy hints on how to reduce unwanted mail.
- Recycling is a way of life now, but do not forget to recycle the waste from all your rooms in your house, not just the kitchen.
- ***Think quality not quantity.*** By using products with longer life such as energy saving light bulbs and rechargeable batteries you can reduce the amount you throw away. Use concentrated versions of household products such as detergent.
- ***Reuse carrier bags or use a canvas bag when you shop.*** Many supermarkets offer some sort of financial reward for this. And they penalise you for using their own plastic bags.
- Over 30% of the average household bin can be composted at home. Using a container or kitchen caddy will save you making a trip to the compost everyday.