

**SLIM
YOUR BIN!**

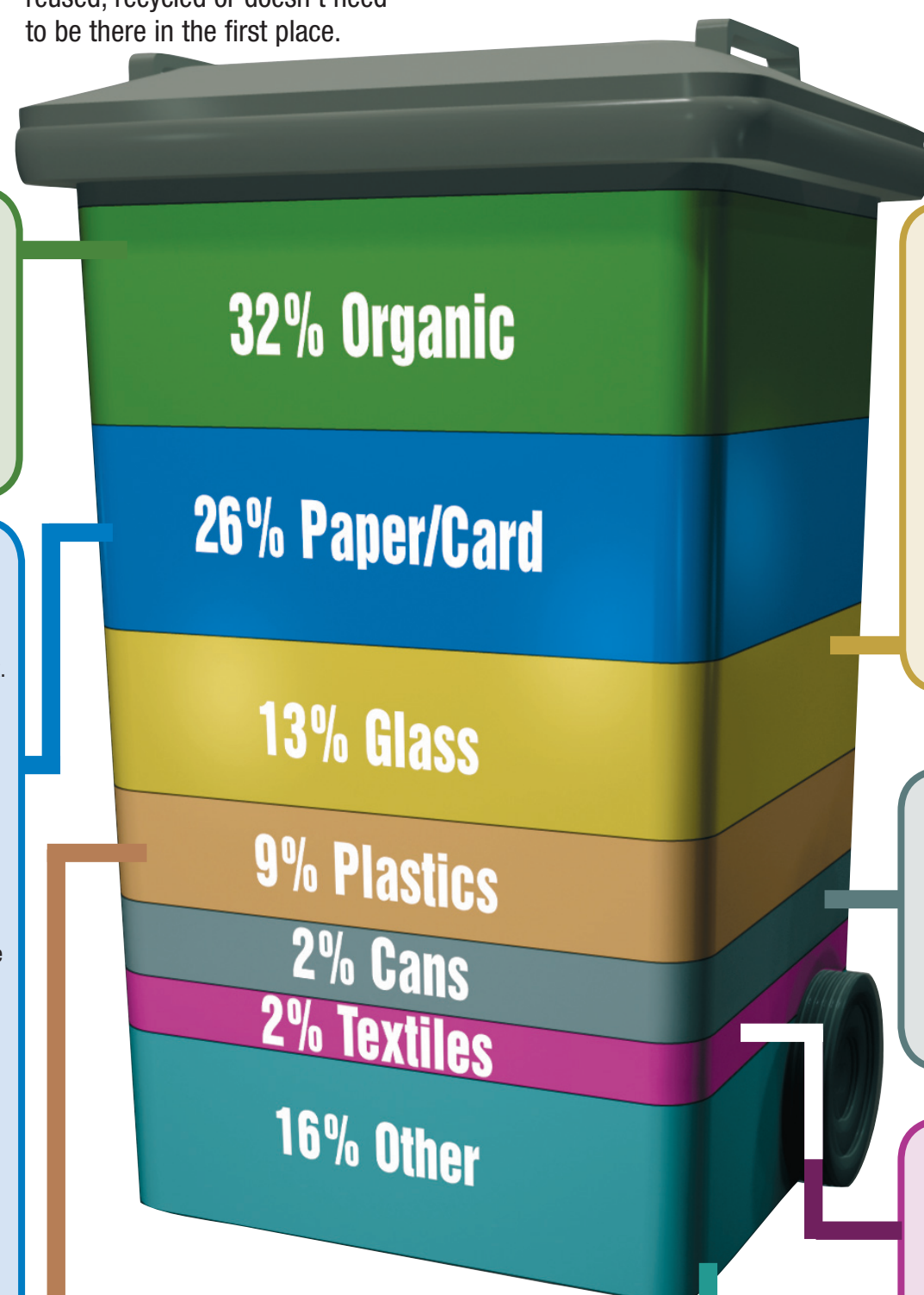
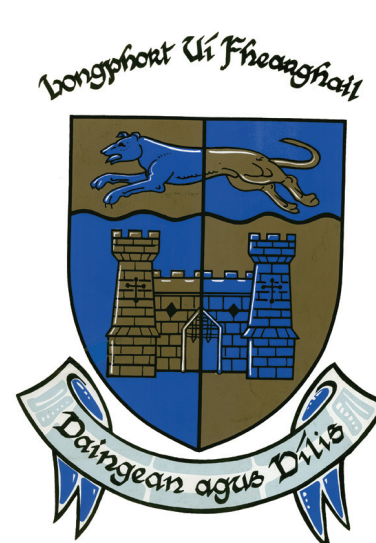
**TRIM
YOUR COSTS!**

WHAT'S IN YOUR BIN ?

There's a lot that you can do to keep **your** Bin as Slim as possible. The contents of a typical household bin are shown below.

Follow the tips below to Slim your Bin. These are just some examples. You may think of lots of other ways of Slimming Your Bin and helping to reduce waste in Longford.

More than two thirds of it can be reused, recycled or doesn't need to be there in the first place.



COMPOST

Turn your kitchen and garden waste into compost. All you need is a compost bin or wormery. Save yourself a fortune and help protect your environment.

Compost can be used as an alternative to peat based products, thereby helping to preserve threatened bogs and endangered wildlife habitats.

REDUCE

- ◆ Stop junk mail by returning to sender and asking to be removed from the mailing list.
- ◆ Put a 'no unsolicited mail' sign on your mailbox.
- ◆ Buy products in the largest container you can use.
- ◆ Avoid paper towels and disposable cleaning cloths. Wash and reuse cleaning cloths.
- ◆ Use handkerchiefs not tissues.
- ◆ Don't print out emails or other documents unless you really need a paper copy.
- ◆ Use both sides of a sheet of paper - Use double sided printing if your printer supports it.
- ◆ Use recycled paper in your home and office.

REUSE

- ◆ Give old books to charity shops or sell them to a second hand bookseller.
- ◆ Send stamps to charity.
- ◆ Reuse envelopes.

RECYCLE

- ◆ Virtually all paper products can be recycled.

REDUCE

- ◆ Buy the largest sized glass container you can use.

REUSE

- ◆ Use jars with lids for storage.
- ◆ Use jam jars for jams and preserves.

RECYCLE

- ◆ Glass bottles and jars can be put in a bottle bank. The glass should be sorted by colour and put into the correct bins. Put blue glass into the green bank.

REDUCE

- ◆ Buy soft drinks in large bottles rather than cans; pour into a smaller reusable container for daily use.

RECYCLE

- ◆ Recycle both drinks cans (aluminium) and food cans (steel).

REDUCE

- ◆ Use reusable nappies (they're not like they used to be!)

REUSE

- ◆ Reuse old clothes as rags
- ◆ Donate unwanted clothing and small household items to charity shops and jumble sales.

RECYCLE

- ◆ Bring textiles to textile banks or to your local charity shop.

REDUCE

- ◆ Bring your reusable bag when shopping.
- ◆ Buy the largest container you can use.
- ◆ Use reusable nappies (they're not like they used to be!).
- ◆ Choose concentrated products.
- ◆ Avoid cling film and aluminium foil for sandwiches & leftovers. Use a box with a lid such as an ice-cream tub.
- ◆ Buy loose foods and avoid pre-packed fruit, meats, vegetables, cheese etc. Save your money, you're only paying for the packaging.
- ◆ Use a water filter rather than bottled water if possible.
- ◆ Say no to items you're not going to use e.g. napkins, straws, plastic utensils, condiments.
- ◆ Choose glass rather than plastic (drinks, sauces, cosmetics etc) as it's easier to recycle.

REUSE

- ◆ Avoid disposable products like razors, biro and felt tip pens. Use refillable / reusable products instead.
- ◆ Buy refills, for example washing powders and liquids
- ◆ Reuse ice-cream and margarine containers for storage or as sandwich boxes

RECYCLE

- ◆ Many plastic containers can be recycled. Check your local bring centre.

REDUCE

- ◆ Change to low energy light bulbs- these last 8 times longer so create less waste and save you money.
- ◆ Use durable cameras not disposable ones.
- ◆ Buy a battery charger and rechargeable batteries.

REUSE

- ◆ If it's broken - fix it! Repair broken appliances
- ◆ Give old toys to charity. Sell old furniture to a second hand furniture shop or give to charity.
- ◆ Give spare paints, garden chemicals to friends who need them.
- ◆ Return clothes hangers to dry cleaners

HAZARDOUS WASTE

Certain household products are considered hazardous and should not be put in the bin as they can harm the environment. These include paints, chemicals, weedkillers, bleaches, batteries, fluorescent tubes, oils and medicines.

Special arrangements are in place for the proper disposal of these items. Contact the Environment Department for further information.

For more information on waste charges and for details on waste minimisation, recycling and composting contact us on **Local : 1850 434 450** or check out the website on **www.longfordcoco.ie**

Design: Yellowstone Communications 01 - 6704200