



# JUNE 2024

## REDUCE YOUR WASTE

We need to make wasting our resources unacceptable in all aspects of our life. Every product we buy has an environmental footprint and could end up in landfill. The impact of plastic pollution on our oceans is becoming increasingly clear, having drastic impacts on marine life.

Recycling what we can reduces the amount of new materials we are making, and upcycling is a creative way to make old items into something more valuable. This could be reusing a jam jar as a candle holder or using old tins as plant pots – the possibilities are endless!

It's not just the products we buy. It's estimated that a third of all food produced in the world is lost or wasted. Do your bit by eating up leftovers and use any ingredients you have spare to make interesting meals. Try to waste as little food as possible and compost the organic waste you can't eat.

