

REDUCE, REUSE, RECYCLE

Start your new year off by doing something to help the planet.



REDUCE your plastic waste

Cut down on your family's plastic waste in just three weeks.

What you will need:

- A pen
- A notepad
- Recycling bin

1 In week one, note down all the single-use plastic your family throws away. Think about which plastics you could have done without.

2 During the second week, try to reduce your plastic a little. You might take a cloth bag to the shops, or carry a water bottle with you instead of buying drinks. Note down all the plastic you use again, and see how much waste you saved.

3 In week three, try reducing your waste even further. Discuss with your parents or guardians which items could be bought in bulk, meaning less packaging. How much did you reduce your plastic waste?



How does it work?

Plastic is a huge problem on our planet right now. Every year, 500 million tonnes of plastic are produced worldwide. A lot of this plastic ends up in the world's oceans. Scientists think that if we do not act now, by 2050 there will be more plastic in the ocean than fish. You can do your bit to help by trying to reduce your plastic waste, which will help the environment, reduce your carbon footprint and save marine animals.

REUSE: Make vegetable-scrap stock

Use your veggie offcuts to make a delicious soup.

What you will need:

- Vegetable scraps
- Knife
- Large ziplock bag
- Pan
- Food container, bag or ice-cube tray

- 1 Every time you chop vegetables, pop the scraps and leavings into a large ziplock bag.
- 2 Store the scraps in the fridge as you fill the bag. You can also keep them in the freezer for up to six months.
- 3 Once your bag is full, empty it into a pan and cover with water. Bring the water to a boil and simmer for at least 30 minutes. Strain and pour the stock into a food container, bag or ice-cube tray to use later.



How does it work?

The UK wastes around 15 million tonnes of food each year. Around seven million tonnes of that food is edible, and could have been eaten. When you waste food, you also waste the water that was used to grow the plants. Turning vegetable scraps into a soup is a tasty way to reduce food waste. You can also help your parents or guardians plan out meals for the week. This is a good way to make sure that everything in your fridge gets eaten. Remember to check what food you already have before going shopping.

RECYCLE: Create colour-coded bins

Make recycling simple with these easy-to-use waste bins.

What you need

- Three different-coloured bins
- Paint (optional)
- Black felt-tip pen

- 1 Get three different-coloured bins (we found red, yellow and green ones). If you can't find different-coloured bins, you could paint them instead.
- 2 Get a large felt-tip pen and label each bin. Check with your local council what recycling they collect. For example, you might write PAPER on one bin, and PLASTIC and GLASS on the others.
- 3 Make sure that everyone in your household knows about your system – and make sure you put the rubbish in the correct bins. Once the bins are full, take the contents to a local recycling centre.

How does it work?

Did you know that if you recycled everything you could in your kitchen recycling bins, the energy saved could power a television for six months?

That's plenty of time to watch all your favourite TV shows. The UK recycles about 45% of all of its waste. The Government hopes to increase that

to 55% by 2025. This target will only be reached with everyone's help. Find out what you can recycle and create some bins to match.

