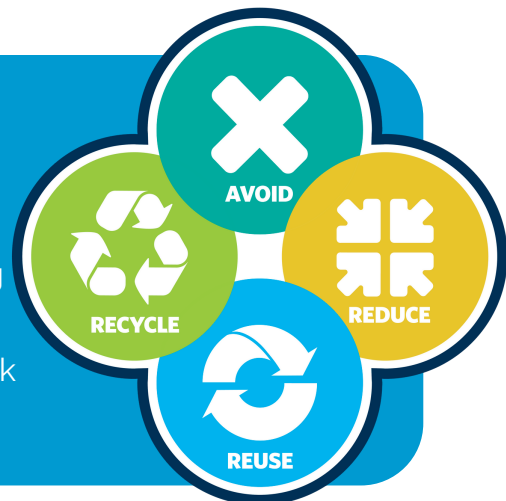


## HOW TO

# Reduce Single-Use

Single-use and disposable items are everywhere, from packaging to plates to utensils. With a little forward planning, it's easy to cut out these items, reduce your waste and save money. Why not pick one habit to bring into your daily life each month?



### FIRST AVOID...

- Buy fruit and vegetables loose
- Bring your own produce bags
- Bring your own clean, sealable and reusable containers for deli items, meat, or fish
- Bring a cloth bag to the bakery for bread
- Instead of using cling wrap, pack leftovers into containers with lids

### ...THEN MINIMISE

- Can't find a packaging-free alternative? Go for the option with the least packaging
- Choose glass, paper, cardboard or aluminium packaging over plastic.

## Bring Your Own

Get a low-waste kit together for when you're out and about. This may include:

- Stainless steel water bottle
- Reusable coffee cup
- Stainless steel or silicone straw
- Cutlery set
- Fabric napkin
- Reusable tote bags for groceries
- Mesh or fabric bags for fruit and veg
- Fabric bread bag
- Reusable containers for deli items



It can be helpful to start small with 1-3 items and work up to more. Leave your kit in the car or by the front door so you don't forget to take it with you.



Cutting out plastic is a good step, but cutting out single-use altogether is even better!



### BUY IN BULK

- Save money and packaging by buying in bulk. Check out your local bulk store for a wide range of pasta, rice, grains, legumes, flour, dried fruit, snacks, tea and more. Just BYO containers (old jars are perfect) and fill up with what you need.
- Avoid single-serve items - buy larger quantities and decant into smaller containers for individual portions.

## OTHER SIMPLE SWAPS AROUND THE HOME

- Make or buy reusable cloth make-up wipes
- Swap liquid soap for bar soap, or give bar shampoo and conditioner a go
- Invest in stainless steel pegs - they won't break like plastic ones and will never need replacing
- Instead of paper towels, use rags or recycled cotton cleaning cloths
- Make or hire reusable party decorations instead of using balloons and plastic confetti - there's a world of inspiration online



### MAKE YOUR OWN

## Beeswax Wraps

Avoid using cling wrap to keep food fresh with this fun, easy weekend project. You can even use up old cotton sheets, pillowcases or fabric scraps to make your reusable wraps.



### YOU WILL NEED

- 1/2 cup grated beeswax
- At least 30 x 30cm of cotton fabric
- Pinking shears
- Iron
- Aluminium foil
- Old towel
- Baking paper



**After use, simply wipe your beeswax wraps with a warm soapy cloth and leave to air dry**

### METHOD

1. Cut a 30 x 30 cm square of fabric with pinking shears
2. Cover your iron with foil to prevent the wax damaging it, and lay an old towel on your ironing board. Lay your baking paper over the towel (it needs to be bigger than your fabric square, so you may need to overlap the sheets to make it big enough).
3. Place your fabric on the baking paper and sprinkle the wax evenly across the top. Cover with another layer of baking paper.
4. Iron the wax and fabric evenly, going right to the edges.
5. Once all the wax is melted and while it's still hot, quickly peel back the paper, lift up the fabric and hold until dry.

Have a question about waste?  
Call the Recycling Hotline on  
**9384 6711** and ask our experts!



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