

REDUCE. REUSE. RECYCLE.

Quick and simple tips to help you be more sustainable at home & work



Plastic takeaway food containers and cardboard-based vessels, such as pizza boxes and French fry cartons, can be placed in your recycling bin so long as they are clean and free from food residue.



Often cheap toys, clothes and electrical items don't last. Avoid this if you can by investing in items that will go the distance – reducing waste and saving you frustration and money in the long run.



Go paperless or use less paper where you can. One sheet of A4 paper uses 10 litres of water, or 5,000 litres per ream.



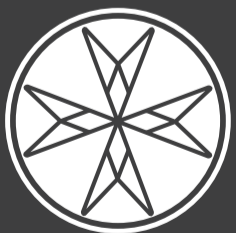
Switch to a biodegradable bamboo toothbrush. Plastic toothbrushes can take 400+ years to break down in landfill.



Glass is 100 per cent recyclable and can be recycled and reprocessed indefinitely. Always recycle your glass bottles and containers.



Look for fruit, vegetables and other food items that can be bought loose, and start making purchasing decisions based on the amount of packaging an item has.



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SUSTAINABILITY FACTS & TIPS

Changes you can make towards a more sustainable future

Fact: Up to 90% of the energy used during a washing machine's cleaning cycle goes into heating the water.

Tip: Switching to the cold setting can significantly reduce energy consumption.

Fact: Water use has grown at more than twice the rate of population increase in the last century.

Tip: Consider the use of water efficient fittings and fixtures that have the ability to cut water use in homes by 45%.

Fact: 350,000 aluminium cans are made every minute in Australia. 3 billion cans annually.

Tip: Always recycle aluminium cans – they can be recycled endlessly without any loss of quality.

Fact: We dump eight million metric tonnes of plastic into the oceans each year. By 2050, ocean plastic will outweigh all of the ocean's fish.

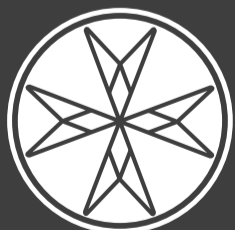
Tip: Consider purchasing products such as clothes, toys, and furniture that are made from natural materials and/or that will last for a long period of time.

Fact: Lighting accounts for 15% of global electricity use.

Tip: Try switching to LED lights in your home and workplace. LEDs use 90% less energy and last far longer than incandescent lights.

Fact: 95-98% of the components in your computer or television can be fully recycled.

Tip: Talk to your local council about hard rubbish recycling options if you are unsure about how to dispose of unwanted electronic devices.



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