

# Zero Waste Challenge Week

26th January - 1st February 2009



HOW  
**LOW CAN**  
YOU **GO?**

## Guide For Individuals & Households

[www.recycleforgloucestershire.com](http://www.recycleforgloucestershire.com)

 **recycle**  
for Gloucestershire

# **Guidance Pack for Zero Waste Week**

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# 1. Zero Waste Challenge Week – Guidance Sheet

Thank you for registering to take part in our Zero Waste Challenge Week. We hope that you enjoy the opportunity to see how close you can get to having a waste free week.

- This guidance sheet explains how the week works and includes frequently asked questions about the challenge.
- There are also some 'Top Tips' with lots of ideas to help you get even closer to zero.
- Finally please could you complete the enclosed monitoring sheet and return to the FREEPOST address. This information is invaluable in helping us to work out the amount of waste saved and the overall success of the week.

## How does Zero Waste Week work?

Zero Waste Challenge Week runs from Monday 26<sup>th</sup> January through to Sunday 1<sup>st</sup> February 2009. The challenge is about diverting waste from landfill and to see if you can live for a week by shopping smarter to reduce packaging and only using things that can be reused, recycled or composted so that you are left with nothing to throw in the bin.

### A Normal Week's Rubbish



If you decide to sign up to Zero Waste Challenge Week we will give you lots of ideas and support to help you through the challenge. We would like you to complete the monitoring sheet to show how much waste you would have thrown away on a normal week and how much waste you generated during the challenge week. The information will help us to help other people reduce the amount of waste they send to landfill and also help us measure the success of the week.

## Is it possible to achieve a Zero Waste Week?

We believe that if you make enough changes, it is possible to achieve a Zero Waste Week. However, the aim of the challenge is to see how close you can get. Circumstances are different for everyone and even if you don't quite manage to achieve Zero Waste, you will find that you have a dramatic effect on the amount you throw away.

## How can I achieve a Zero Waste Week?

A good way to start this challenge is to spend a couple of weeks monitoring what you are currently throwing in the bin. Unless you know what you are throwing in your bin how can you further reduce your waste? Once you know what you are getting rid of you can think about whether these items can be reused, recycled or reduced and then plan to take appropriate actions to reduce what you throw away in the bin.

## RECYCLE

If you are unsure about what can be recycled in your area visit [www.recycleforgloucestershire.com](http://www.recycleforgloucestershire.com) Within most districts you can recycle glass, paper, cans, batteries, clothing and shoes, plastic bottles, drink cartons and cardboard either at the kerbside or through recycling banks.

## REUSE

Try to think about your rubbish as cash potential. Can someone else reuse what you don't want? Can you use the item for another purpose? Can you turn your kitchen waste into compost? If you don't have a compost bin visit [www.recycleforgloucestershire.com](http://www.recycleforgloucestershire.com) to find out how you can buy a compost bin and the options, which are available for composting your kitchen waste.

## REDUCE

When you take out the items from your bin that can be recycled or reused and see what's left, can you find ways of reducing this waste to minimise what gets sent to landfill? If you have purchased disposable products such as nappies and razors think about swapping to reusable options. Can you buy products with less packaging? Can you use alternatives, which can be recycled or reused? For more ideas on reducing waste see our 'Take the Waste Challenge' minimisation leaflet which is available from your local council.

## Finally....

We hope you enjoy the challenge of reducing your waste and can come up with some new and creative ways of dealing with your rubbish.

You can follow the progress of the 'Green family' and their ups and downs of working towards zero waste to landfill through their online blog at: <http://myzerowaste.com/>

**Thank you for your support and good luck!**

## Frequently asked Question's

### **What about the waste I produce at work?**

We are only looking at household waste so will not be including commercial waste as part of this project. However, this week does include the waste that you produce away from home while not at work e.g. your lunch break. You could bring home items for recycling and composting.

### **What about other members of my household?**

If several people want to take part you can register as a household or group. You can either complete one monitoring form between you or you can complete a form each, whichever you prefer. If you are living with other people who don't wish to take part in the week, try to make sure that you keep any waste that you do create separate from everyone else's waste.

### **What do I do with any waste I do produce?**

We suggest you use a carrier bag or similar to collect any waste you do create over the week ensuring that you keep it separate from anyone else's waste, this is especially important if they are not taking part in the challenge. If you can, record the items you dispose of on the record sheet and if possible measure the contents at the end of the week.

### **How should I record my week on the monitoring sheet?**

Completing and returning your monitoring sheet will allow us to assess the success of the week and help us to find ways to tackle waste reduction in the future. Ideally we would like you to record the amount of waste you throw away the week before Zero Waste Week and compare it with the amount you throw away during Zero Waste Week itself.

You can do this by weighing the rubbish each time or estimating the proportion you throw away (e.g. 3 and ¼ carrier bags) or any other method that suits you as long as it's used to weigh both the week before and Zero Waste Week's waste. The rest of the sheet is for you to note down any observations over the course of the week, in particular any specific changes you made or any problems you encountered as well as any other comments you may have about your experiences.

### **If this is all about Zero Waste, why are you using paper?**

Zero Waste does not mean using nothing. It is still possible to achieve Zero Waste provided we reuse, recycle or compost the things we use. This paper is made using recycled paper and can be recycled in your kerbside recycling box when you have finished with it.

### **How can I find out more about reducing waste?**

We have produced a waste reduction booklet 'Take the Waste Challenge', which is full of ideas on how to reduce your waste. For a copy, please contact your local council. The 'Recycle for Gloucestershire' and 'Recycle Now' websites are also a useful resource for waste reduction ideas, please visit [www.recycleforgloucestershire.com](http://www.recycleforgloucestershire.com) or [www.recyclenow.com](http://www.recyclenow.com)

## **2. Top Tips for Zero Waste Challenge Week**

### **Reduce: Stop waste coming through your door**

One thing people can do without is junk mail. To stop addressed mail coming through contact the mailing preference service.

Mail Preference Service  
Phone: 0845 7034599  
Web: [www.mpsonline.org.uk](http://www.mpsonline.org.uk)  
Post: Mailing Preference Service (MPS)  
DMA House  
70 Margaret Street  
London  
W1W 8SS

To stop unaddressed, unsolicited marketing mail coming through the door email: [mediacentre.customer.service@royalmail.co.uk](mailto:mediacentre.customer.service@royalmail.co.uk) and ask for this type of mail not to be delivered to your address or contact:

### **Your Choice Preference Scheme**

Direct Marketing Association (UK) Ltd, DMA House, 70, Margaret Street, London W1W 8SS  
Telephone: 020 7291 3300  
Fax: 020 7323 4165  
Email: [yourchoice@dma.org.uk](mailto:yourchoice@dma.org.uk)

If you do not wish to receive **Yellow Pages** directories please call: 0800 671 444

Buying in bulk is an easy way to reduce the amount of waste your household creates. This might not be immediately clear as you buy one big container, but it's better than buying lots of little ones. For example a 3-litre bottle of squash uses less packaging than three 1-litre bottles. Also buying a concentrate means that you are using less packaging than using an already diluted product.

## Reuse: Stop waste going out of your door

One way of reducing waste on a daily basis is to avoid using disposable items such as razors, kitchen towel, batteries and nappies. Reusable items last longer; so don't need throwing away as often.

For further information about Reusable Nappies and the £30 incentive voucher:

Phone: 0845 634 2559 for money off voucher details

0870 850 2263 for advice and information

Email: [Hettie.harris@resourcefutures.co.uk](mailto:Hettie.harris@resourcefutures.co.uk) for advice and information

Web: [www.recycleforgloucestershire.com/nappies](http://www.recycleforgloucestershire.com/nappies)

Try to find an alternative use for things once they have reached the end of their original purpose.

### Top Re-use Tips

**Home Composting** – Make use of your food waste by turning it into home fertiliser. Regular garden composters will accept uncooked vegetable and fruit trimmings, tea bags and garden trimmings. Wormeries and Bokashi systems and some other types of systems will accept all cooked food, meat, bones and fish and also give you a liquid fertiliser to use on your plants.

**Reuse your containers** – It's likely that you will buy some plastic containers, so try to reuse these for putting leftovers in the freezer, or for taking food to school or work. Landfilled food creates harmful methane and using containers in this way helps to reduce the amount of food waste. For further information about food, its storage, portion sizes and for recipe ideas please visit the following website:

[www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)

Polystyrene and broken ceramics are common materials that end up in the refuse bin; they can be used as drainage chips in the bottom of plant pots.

Cardboard egg boxes can be used to grow seedlings in and as the paper mache is fully compostable you don't even need to take them out before planting them! If you're not green fingered, cardboard egg boxes should go into your home compost bin but remember to tear them up first.

Shredded paper can also be composted in your home composter, but there are also opportunities for reusing it as an animal bedding or packaging.

Good quality second hand furniture can usually find a new home through one of the following outlets:

- ✦ Your local council may offer a collection service for furniture
- ✦ The Furniture Recycling Project, Gloucester Tel. 01452 302303
- ✦ Emmaus, 201 Barnwood Rd, Gloucester Tel. 01452 413095
- ✦ Reclaim Project, Cheltenham Tel. 01242 228823
- ✦ Freecycle: An online forum where items are given away for free  
[www.freecycle.org.uk](http://www.freecycle.org.uk)
- ✦ EBay: The well-known online auction site, one man's waste is another man's treasure! [www.ebay.co.uk](http://www.ebay.co.uk)

Remember to take your reusable bags with you when you go shopping, that way you won't have to take a plastic bag each time.

## Recycle: Make the most of what you throw away

The district kerbside and recycling bank collection facilities offer the opportunity to recycle the vast majority of your household waste, please visit the 'where you live' section on the [www.recycleforgloucestershire.com](http://www.recycleforgloucestershire.com) website or contact your local council for further details. However, we can't collect everything that can be recycled, so see below to find out how other materials can be recycled.

Plastic bags/wrap/film can be recycled at most supermarkets in the plastic bag recycling point. Printer and toner cartridges are collected by many charities as a source of income.

**Brita water filters cartridges** can be sent back to Brita for recycling:

Brita Recycling  
Freepost  
NAT17876  
Bicester OX26 4BR

**Video tapes and CDs** can be posted to a specialist company for recycling:

The Laundry CD Recycling  
London Recycle  
4d North Crescent  
Cody Road  
London E16 4TG

### Computer Recycling

There are a few of options for this in Gloucestershire.

IT Africa [www.itschoolsafrica.org](http://www.itschoolsafrica.org) based in Cheltenham

Hemplan design near Innsworth - There is a charge for collection but equipment can be dropped off for free. 01452 730015

Engelhard in the Forest of Dean - There is a unit cost for computer screens of £7, but all other equipment is recycled free of charge. There is a collection charge of £10 per trip. You can drop off all equipment for free. 01594 827744

The Tewkesbury AOC may also take some computers - Tewkesbury Adult Opportunity Centre. Contact Suzanne Fields, The Birches, Station Rd, GL20 5DR  
Tel: 01684 293096.

The Household Recycling Centres operated by Gloucestershire County Council offer the opportunity to recycle many items not collected as part of the kerbside or recycling bank system. This includes light bulbs, batteries, foil, spectacles, cooking oil, mobile phones and electrical items. Please visit [www.recycleforgloucestershire.com](http://www.recycleforgloucestershire.com) for further details of the materials collected at the HRC's.

**Please return your completed monitoring sheet to:**

**Zero Waste Challenge Week  
Gloucestershire County Council,  
FREEPOST NAT8320, Environment Department,  
Shire Hall, GLOUCESTER, GL1 2BR**

### 3. Zero Waste Challenge Week Individual Monitoring Sheet and Questionnaire

We have provided you with a daily diary, which we would be very grateful if you could complete each day throughout the challenge week along with the questionnaire overleaf. Once complete, please post to the following address: **Zero Waste Challenge Week, Gloucestershire County Council, FREEPOST NAT8320, Environment Department, Shire Hall, GLOUCESTER, GL1 2BR**

<b>I would like to enter the prize draw to win a voucher/eco pack</b>		<b>YES / NO</b> Delete as appropriate
<b>How many people in your household took part in the challenge? – Total in household</b>		
<b>Amount thrown away over a normal week</b> (i.e. the previous week's rubbish). Please record this by weight, number of items, number of carrier bags etc.		
<b>Amount thrown away over Zero Waste Challenge Week.</b> Please record this in the same way as the previous week (e.g. By weight, number of items, number of carriers etc.)		
<b>Day</b>	<b>Please make a note of any particular actions you took during the week to achieve zero waste, listing any specific problems you had, any items you had to throw away and any other observations you wish to make.</b>	
Prior to the week		
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

# Zero Waste Challenge Week

## Feedback and Suggestion Form

**Are you going to make any lifestyle changes as a result of the Zero Waste Challenge Week?**

Yes                  No

If 'yes' what kind of changes are you going to make?

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**Do you think you would take part in a Zero Waste Challenge again?**

Yes                  No

**Did you find the amount of information presented in this pack:**

Too much      About right      Too little

**Did you find the Zero Waste Challenge Top Tips useful and informative?**

Yes                  No

**Future suggestions:**

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**To enter the prize draw for an eco-pack, please add your contact details below and your preferred method of contact.**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

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**Email:** \_\_\_\_\_

**Telephone number:** \_\_\_\_\_

**Thank you for your feedback and your participation in the Zero Waste Challenge Week.**

*Please note, we will only use your details for the purposes of this project and will not pass them on to a third party*