

Eco-Home WASTE Action Plan



GOOD FOR YOUR POCKET - GOOD FOR THE ENVIRONMENT! SELECT ACTIONS FROM BELOW AND TICK OFF WHEN COMPLETED.

1. CLEVER SHOPPING HABITS		We will take this action!	Time Frame	Action taken
Before buying anything, always ask yourself "Do I really need this?"				
Always write a shopping list – and stick to it!!				
Always put your reusable bags in the car when finished with them				
2. AVOID EXCESS PACKAGING				
<i>Shopping List:</i> <i>Eco-Home Action</i>				
Fruit/Vegetables	Loose - avoid plastic bags, trays etc.			
Cereals	Bulk/cardboard			
Drinks	Avoid small cartons/bottles – buy in large bottles or concentrated			
Water	Avoid buying! Water quality is high in most areas. If in doubt, invest in a water filter			
Eggs	Buy in cardboard cartons			
Meat/fish	Buy at the counter (always less packaging on it)			
Dog/cat food	Dry dog/cat meal – buy in bulk			
Biscuits	Avoid individually wrapped items			
Ketchup/Condiments	Buy in glass jars			
Microwave dinners	Cook large meals and freeze leftovers			
Nappies	Buy Eco-Nappies that decompose quickly			
3. AVOID THOSE DISPOSABLES!				
<i>Instead of these....</i> <i>Try this option!</i>				
Paper kitchen towels	Washable tea towels/washable dishcloths			
Plastic cling wrap	Reusable containers with lids			
Razors	Replaceable blade-razors			
Paper Napkins/plates	Washable cloth napkins/washable plates			
Styrofoam cups	Washable cup			
Batteries	Rechargeable batteries			
4. HAVE A LEFTOVER NIGHT	Instead of a takeaway night see www.lovefoodhatewaste.com for ideas!			
5. START COMPOSTING	See: www.belfastcity.gov.uk/bins/homecomposters.asp			
6. DONATE UNWANTED ITEMS	Instead of sending things to landfill donate to a charity shop or a refurbishing project or exchange with friends/family.			
7. GROW YOUR OWN FRUIT AND VEG	Home grown produce cannot be beaten! Visit your local library for books on growing your own fruit and vegetables			
8. USE ECO-FRIENDLY CLEANING PRODUCTS	Select environmentally friendly cleaning products or make your own using lemons, vinegar and baking soda.			