

## REUSABLE PRODUCTS INFORMATION

### REMEMBER TO REUSE

Recycling is very important, but even better is reusing. The process of recycling still uses energy and fuel to get the items to where they need to go. If you can reuse an item yourself, that's not only energy, and fuel saved, as well as less emissions produced.

Many items found around the home can be used for different purposes. So before you throw those items away, think about how they can be reused. Below are some suggestions of how to reuse those everyday bits and pieces.

### REUSABLE ITEMS

1. Reuse seeds from fruit and vegetables and try to grow them!
2. Reuse paper bags as school book covers
3. Cut used pieces of paper into scrap pieces of paper (a message pad!).
4. Reuse coffee grinds by keeping them aside and placing them into your garden or soil.
5. Reuse Christmas trees by putting them outside and letting it naturally break down.
6. Reuse pens and art supplies by donating them to local schools.
7. Reuse your old food scraps by composting them.
8. Reuse your used margarine and butter tubs by cleaning them and keeping them for leftovers
9. Reuse old clothing by donating it to a local charity.
10. Reuse used wrapping paper and save it for next year.
11. Reuse newspaper, interesting magazines, and other paper products by using them as wrapping paper.
12. Reuse kiddie pool water on plants and shrubs.
13. Reuse your old paint by finding things to paint in your home, touch up, or donate it to a local charity.
14. Never throw away an old book, donate it to a library or to your recycling centre, or a school! They can reuse it.
15. Reuse old curtains as rags for cleaning your car.
16. Reuse old glass containers with lids and save them for leftovers
17. Reuse your old toothbrush and use it to clean hard to reach areas like around the sink, your drains, faucets and grout.
18. Sell or donate your mobile phone
19. Sell old clothing and let others reuse it, provided it looks good still
20. Reuse old seafood seashells by crushing them and using them in your garden as decoration
21. Reuse insulation when building a home, or adding insulation. This will save energy and money!
22. Reuse old aluminum foil by judging whether you it is clean enough to use again.
23. If you receive a gift in a gift bag, save it for another occasion and reuse that bag.

To find out more email [education@halvewaste.com.au](mailto:education@halvewaste.com.au) or visit our website [halvewaste.com.au](http://halvewaste.com.au)

## MAKING YOUR LIFE MORE SUSTAINABLE

There are also a number of reusable items you can purchase and reuse again and again in order to make your life more sustainable, to help preserve energy and reduce waste to landfill.

Here are five ways to make a difference:

### 1. REUSABLE COFFEE CUPS;

We all love our coffee, but every year thousands of disposable coffee cups that are a complicated mixture of paper and plastic, are sent to landfill.

By using a reusable coffee cup, we are causing less disposable cups to be produced, lowering the amount of cups sent to landfill and saving the energy and resources that would otherwise be consumed.

There are plenty of alternatives out there:

<http://www.keepcup.com.au/>

<http://www.biome.com.au/564-reusable-coffee-cup>

<https://jococups.com/blog/tag/australia/>

### 2. MODERN CLOTH NAPPIES;

On average a child will use 6,000 nappies before they toilet train, this adds up to more than 2 billion nappies per year.

To find out more about the alternatives to disposables see our Modern Cloth Nappies handout [here](#).

### 3. REUSABLE MENSTRUAL PRODUCTS;

The average woman menstruates for approximately five days a month for 40 years of her life. In developed countries, this amounts to

approximately 11,400 disposable products per lifetime. This depends on individual usage of course. But multiply that by the female half of the population . . . It really does add up.

There is another way! Reusable Products. For more information please see out factsheet [here](#)

### 4. REUSABLE WATER BOTTLE;

The bottled water life cycle has a considerable environmental impact through the extraction process (from groundwater, a spring or stream), manufacturing the bottle and transporting it around the country, or in some cases the world.

Over half of the single use water bottles end up in landfill, or end up littering our environment.

By switching to a reusable, refillable water bottle we can make sure we stay hydrated without harming the environment.

There are plenty of alternatives out there in the market.

<http://www.cheeki.net.au/>

<http://siggaustralia.com.au/>

<http://www.shopnaturally.com.au/bpa-free-stainless-steel-water-bottles.html>

### 5. REUSABLE SHOPPING BAGS;

Australians currently use over 4 billion plastic bags at the checkout every year. Making a change is simple; next time you shop just say 'no thanks' and use your own bag.

<http://www.reuseit.com/reusable-shopping-bags/reusable-shopping-bags.htm>

<http://www.shopnaturally.com.au/reusable-shopping-bags.html>

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