

# HOW TO

# REDUCE WASTE:



Use a reusable  
Drink bottle



Buy loose fruit and  
vegetables or use reusable  
produce bags



Compost food scraps  
at home



Put a 'No Junk Mail'  
sticker on your  
letter box



Drink your coffee at the  
cafe or use a reusable  
takeaway coffee cup



Purchase products made  
from recycled material i.e.  
buy toilet paper made  
from recycled paper



Take reusable bags  
with you

## AVOID FOOD WASTE BY:

- Only purchasing what you can eat
- Planning your meals and using a shopping list
- Planning to use what is already in your pantry, fridge and freezer.
- Eating leftovers for lunch or freeze them for another night. If you don't like leftovers make smaller portions



Opt out of receiving  
phone books at  
[www.directoryselect.com.au/  
action/home](http://www.directoryselect.com.au/action/home)



Sip from the cup or  
bottle or carry a reusable  
straw with you

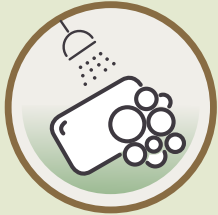


**City of  
Whittlesea**

For more information visit [whittlesea.vic.gov.au](http://whittlesea.vic.gov.au)

# HOW TO FURTHER

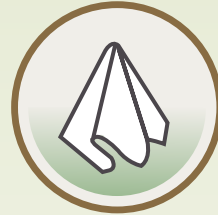
# REDUCE WASTE:



Use shampoo and conditioner soap bars instead of bottles



Use bamboo toothbrushes instead of plastic ones



Use cloth handkerchiefs



Use bubbles, flags or bunting instead of balloons



Store and freeze food in glass jars rather than plastic containers



Use good quality rechargeable batteries



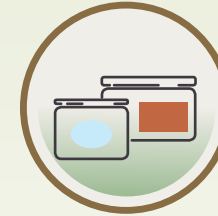
Use reusable cloth nappies



Use containers, glass jars or beeswax wrap instead of glad wrap or zip bags

**FOOD PACKAGING**

- Shop where you can use your own containers or material bags
- Purchase meat using your own containers
- Buy bread in a reusable material bag
- Choose products packaged in glass, paper or cardboard

A green cartoon character with a yellow hat and a 'City of Whittlesea' logo on its chest, standing next to a blue shopping bag with a recycling symbol and the word 'SHOPPING', and several glass bottles.

Take your own reusable containers rather than use plastic takeaway



Use bars of soap instead of liquid soap in bottles



Buy milk in your own glass bottles from That's Amore Cheese in Thomastown



Use reusable pads and/or a moon cup



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