



# Your guide to minimising waste



**Havering**  
LONDON BOROUGH

*Let's make Havering...*

**better** together

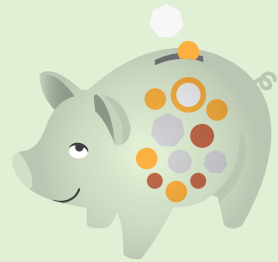
# What a waste!

In Havering we produce over 110,000 tonnes of waste each year.

Each household in Havering generates over 700kg of waste each year through household waste collections and waste taken to the Reuse and Recycling Centre.

## Why prevent waste?

**It saves resources  
and saves money.**



Disposing of our waste is not only harmful to the environment, it's very costly as well. Havering Council currently pays over £10 million pounds a year to dispose of its waste. It costs £108 for every tonne we send to landfill and this will increase every year until 2014.

Landfilling our waste harms the environment. When organic waste such as food, paper and even clothes break down in a landfill site they give off greenhouse gases such as methane which is 20 times more polluting than CO<sub>2</sub>

This leaflet provides you with information on three key ways of reducing waste at home:

[Smart Shopping](#), [reducing food waste](#) (Love Food Hate Waste) and [Home composting](#).



# Smart shopping

Smart Shopping is an easy, practical way we as consumers can take action to reduce waste. It can also help us save money.

Think about these questions when you are shopping:

- **Do I really need it?**
- **Can it be re-filled?**
- **Can it be reused?**
- **Can it be recycled or composted?**



## Top tips:

- Make a shopping list before you go
- Plan your meals
- Buy non-perishable items in bulk
- Avoid over-packaged items
- Avoid single-use or disposable items
- Buy rechargeable batteries

You may think the responsibility of packaging sits with supermarkets or manufacturers. Many large companies, including supermarkets have signed up to reduce packaging and are starting to make real progress. But, don't forget, if we don't buy a product, the supermarkets won't stock it. [We can all make a difference.](#)

**Don't forget to re-use shopping bags. It takes around 500 years for a plastic bag to break down in landfill. It is estimated the UK uses 17 billion plastic carrier bags every year.**

# Love Food Hate Waste

You can save up to £50 per month by throwing away less food.

Reducing food waste will help us save money and reduce our impact on the environment.

Wasting food costs the average family more than £480 each year. That's a lot of food and a lot of money!

Studies in Havering have shown that on average we throw away more than 20,000 tonnes of food each year.



## Save money and prevent food wastage by following these handy tips:

### Plan your meals:

Save time, money and the hassle of thinking about what to eat every day by planning.

Check your store cupboard and make a list before you shop.

### Be date aware:

“Best before dates” refer to quality rather than food safety. Foods with a best before date should be safe to eat after the best before date, but they may no longer be at their best. One exception is eggs – never eat eggs after the best before date. Use by dates refer to safety and you should never eat products after this date and should always follow the storage instructions.

### Storage:

Storing food according to the packaging guidelines can help to ensure it lasts as long as possible. Freezing food also gives it a longer life.

### Perfect portions:

Cooking the required amount of food can be hard to gauge, especially with pasta and rice. This can be as simple as using the right mug as a measuring tool. For example, a mug of uncooked rice feeds four adults. The packet normally has guidance on this. Alternatively, try the Portion Calculator at [lovefoodhatewaste.com](http://lovefoodhatewaste.com)

### Lovely leftovers:

If you do have food left over, then be creative with it to make more meals and save money. A roast chicken and stuffing sandwich is an ideal lunch following your Sunday roast chicken. Bones can then be boiled up for stock.

**Visit [lovefoodhatewaste.com](http://lovefoodhatewaste.com) for loads of handy ideas and great recipes for leftovers from top chefs.**

Some waste is inevitable – such as banana skins and egg shells. Home composting is an ideal way of turning this waste into a resource.



# Home Composting

**Composting is nature's way of recycling – helping you to turn your garden and kitchen waste into valuable compost to be used on your garden.**

**It's not just garden waste that can go in the compost bin. Over 30% of an average household bin can be composted at home.**

Its now even easier to buy a compost bin and composting accessories – and at a reduced price! If you would like to find out more about the compost bins, wormeries, water butts and accessories on offer please call: 0844 5714444 (local rate) or visit [www.haverling.getcomposting.com](http://www.haverling.getcomposting.com)

## Don't forget you can compost:

- Kitchen scraps, including tea bags, coffee grounds and egg shells.
- Corrugated cardboard, newspaper and toilet rolls.
- Tissues, paper towels, napkins and even wool and natural fibre clothing.

## Space isn't a problem!

Compost bins will fit in to a small space and come in different sizes.

Or you could build your own to fit.

Use your compost for:

- Feeding your lawn
- Preparing a flower bed or vegetable plot
- Giving existing potted plants a nutrient boost



If you are already composting, but feel that you are not getting the most from your bin, or just want to find out more about composting visit: [www.recyclenow.com/reduce/home-composting](http://www.recyclenow.com/reduce/home-composting) or call 08456 000 323 for help and advice.

You may feel you don't have the right waste to home compost or that you don't need the compost that is produced.

There are other systems available for food waste, such as wormeries or bokashi units. For information and to order visit: [www.recyclenow.com/reduce/home-composting](http://www.recyclenow.com/reduce/home-composting)

**For Further Information:**

**[www.havering.gov.uk/recycling](http://www.havering.gov.uk/recycling)**

**StreetCare Call Centre: 01708 432563**

**email: [waste-team@havering.gov.uk](mailto:waste-team@havering.gov.uk)**

**Love Food Hate Waste:**

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

**Home Composting:**

**[www.recyclenow.com/reduce/home-composting](http://www.recyclenow.com/reduce/home-composting)**

**Waste Minimisation:**

**[www.havering.gov.uk/wastemin](http://www.havering.gov.uk/wastemin)**