

Take a pledge to reduce your rubbish

Start slimming your bin and make
a pledge to practise the three Rs

Did you know?

On average, each person in the UK
throws away their own body weight
in rubbish every 7 weeks



Pledge to practise the three Rs:

- use reusable bags rather than plastic bags when shopping
- get **composting**, turning my garden and food waste into something useful
- cut down on packaging rubbish by trying to buy items with minimal packaging
- make sure items I no longer want go to a good home by taking them to charity shops, giving them to a friend or giving them away through the Barnet Freecycle group*
 - go to groups.yahoo.com/group/FreeCycleBarnet to join
- avoid junk mail by joining the Mail Preference Service.
 - visit www.mpsonline.org.uk or call 0845 703 4599
- avoid disposable items and try to buy high quality products which will last
- make a shopping list before I shop so that I only buy what I need
- recycle at work as well as at home
- check out the 40 items that can be recycled at the **Civic Amenity and Recycling Centre**.

*please note Barnet Freecycle group is not run by Barnet Council



The first step is simply to create less rubbish.
For example, buy products with less packaging



After reducing the amount of rubbish, the next step is to reuse items before you throw them away



And finally... turn something old into something new.
Make use of the council's many recycling services.