



## WASTE PREVENTION IN THE HOME

We all know that excess waste generation is bad for the environment but as individuals what can we do to try and reduce the environmental impact of our daily activities? The best option is to try and prevent waste arising where possible. Preventing waste before it is ever created does have a positive impact – after all if you don't create waste, you don't have to dispose of it.

### WASTE PREVENTION IN THE HOME

We each use items in the home that could be substituted with reusable options, for example using airtight containers instead of wrapping food stuff or lunches in tinfoil or cling film.

Nationally we each generate about 660 kg of waste per annum.

### FOOD WASTE

As a result of poor shopping practices on average we throw out approximately 33% of the food we buy. All that extra food has to be brought home from the shops, cooked, refrigerated and plated out. Food related activities such as refrigeration, cooking and cleaning account for a large portion of household energy use.

Food is expensive to buy and also expensive to dispose of - recent studies

indicate that 1 kg of food waste has a monetary value of €2 - €3.

### TOP TIPS WHEN SHOPPING INCLUDE:

- » Use a reusable shopping bag and always have a list
- » Buy loose fruit and vegetables
- » Buy in bulk
- » Be aware of packaging
- » Be aware of special offers that often go unused
- » Buy local as much as possible
- » Plan your menus to use in-season local produce
- » Buy non-disposable tableware and cutlery

### SO WHAT CAN WE DO TO HELP PROTECT OUR ENVIRONMENT?

- » Think before you print
- » Use reusable containers

- » Be creative with leftovers
- » Prevent as much waste as possible
- » Use your nearest bring bank regularly
- » Get composting
- » Conserve energy
- » Conserve water
- » Don't burn waste
- » Don't litter

## REMEMBER - IT'S EASY TO MAKE A DIFFERENCE!



#### FURTHER INFORMATION IS AVAILABLE FROM:

**The Waste Management Section**  
Cavan County Council  
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*Produced by Galway County Council*