

Top Tips on Reducing Waste

Posted before the meeting commenced
by attendees at the Rubbish Meeting
17 October 2018.

The meeting was organised by
Bexhill Environmental Group
and Rother Environmental Group



Advocate at a National Level:

Make it compulsory clear recycling labelling on all packaged products plus a legal framework that requires all local authorities to provide recycling facilities

Builders to separate waste before it goes into the skip

Pill pots to be made from cardboard

Ban black plastic food trays

No coloured plastics to be used in production of any pot or carton

Ban supermarket plastic bags – re-introduce paper bags

Secure a refund for returned plastics and glass

Years ago Sainsbury 'sold' blue plastic boxes for use to pack items, saving the need for bags, they provided specially designed trolleys to accommodate the boxes. The boxes are no longer available but consideration should be given to re-introducing them

Recycling bins for spent light bulbs

Stop advertisers sending so much by post, 95% of mine ends up in the recycling bin

Ban supermarkets from shrink wrapping and bagging vegetables

Schools to include care of the environment (litter in bins) as part of their citizenship course

Advocate at a Local Level

Drinking water fountain on the Promenade

Refillable containers in shops for washing up liquids, detergents also cereals etc

Recycle food waste (RDC shared that this option was too expensive)

Access timber from recycling centres

Recycling facilities at blocks of flats

Advocate at a Personal Level

Ask your fish and chip shop to do as "Athena" (Western Road) who uses 'Enviropak' for fish and chips and "Vegware" for mushy peas

Personal Actions:

Stop buying products from shops that only sell them in plastic packaging

When purchasing loose vegetables place them in your bag or box

Do not purchase items in black plastic trays

Use the free water sites/cafes to refill your water bottle

Purchase a re-usable cup for hot drinks

Use own cup instead of a take-away one

Re- use single use plastic bottles, return to supermarkets to re-fill

Keep a selection of plastic drink bottles so that you always have the right size available

Re-use plastic containers to grow seeds or pot up cuttings

Take plastic boxes that had contained fruit or vegetables to the Friday market to the veg man or greengrocer in Western Road

Re-use plastic for shopping, freezing food, lining rubbish bins

Donate egg boxes to people who have chickens, use for seeds.

Plant sweet peas/runner bean seeds in toilet roll inners

Wash and reuse plastic bags (bread and pitta bags)

Make compost with your organic waste

Return to buying milk in a glass bottle from the milkman – the bottles are then recycled and there is more to purchase than milk

Always have hessian/cotton bags with you (shopping) with old newspaper to separate purchases

Always keep at least 2 carrier bags in the car – so you are never caught out and have to buy one

Use bamboo toothbrushes, ear cleaners, make-up brushes

Use tablet shampoos, conditioners, soaps and body cream

Where-ever possible purchase refills rather than new dispenser items

Use free to advertisers sites and opportunities for no longer required items including half full paint tins

Use the water that you run off whilst waiting for the hot to arrive

Anyone wishing to get involved in promoting environmental issues in the Rother and Bexhill areas should please visit these websites:

www.bexhillenvironmentalgroup.org.uk

or <https://greenerother.wordpress.com/>

