

# Top Tips & Tricky Bits to Whittle Down Your Waste

(Bromley & Lewisham Boroughs)



Up to 70% of your waste could be recycled or reused in some way. Here are some handy hints to help you on your journey to recycle more and use less.

## TOP TIPS

### Fill up your food caddy

Food waste that decomposes in landfills releases about 40% of the UK's methane, a greenhouse gas that is at least 28 times more potent than carbon dioxide. Wasted food that is composted at home or by the council can be used as a fertilizer. Caddies are free from the council. Check Bromley or Lewisham Council websites to order yours.



### Bin greasy paper & card

Paper and card with food or grease on is contaminated and **cannot** be cleaned or recycled. It can also contaminate "clean" paper/card. If you have a pizza box, only the food/grease free parts can go in the recycling, the rest must go in general waste.

### Wash & squash

Items must be empty, if there is leftover washing-up water, give them a quick rinse. A bit of oily/food residue is OK but half a sandwich, uneaten mince pies or half a tin of beans can contaminate ALL the recycling load – not just yours – sending it to landfill and attracting foxes and rats to your home. Give them a squash down to save space in your box and the van.

# TRICKY BITS

## 1. BLACK PLASTIC

Unfortunately, this can't be recycled by most recycling plants. They are often labelled "recyclable" but aren't. Put them in general waste and stop buying where possible.

## 2. PUT A LID ON IT

You can leave the recyclable plastic lids on your plastic milk bottles and cartons of juice. Squeeze air out and put lid on to save room. Metal lids can be left on or off glass bottles and jars. And the same with plastic pump/ spray lids on cleaning and beauty bottles.



## 3. POP PILL PACKS IN

Blister packs from medication such as paracetamol can be recycled - but only in Bromley, not Lewisham. Try to remove the foil or paper from the plastic but if you can't get it all you can still recycle it.



## 4. DON'T BE FOILED

Clean foil can only be recycled when it is the size of a tennis ball. So, for little bits from chocolate, blister packs etc. - collect them and scrunch them up until it's big enough. If too small, it risks either flying off the back of the recycling truck or falling through the gaps at the recycling plant. Dirty foil can't be recycled.



## 5. POLYSTYRENE BOXES & PACKAGING

You can NOT recycle this stuff! Put it in your general waste and try to reduce the amount you use.



## 6. THINK OUTSIDE THE BOX

A lot of non-recyclable items can now be collected, dropped off or sent off (freepost) for TerraCycle recycling. E.g. old pens, crisp,

and biscuit packets, baby food & pet food pouches, toothbrushes, electric heads, toothpaste tubes. Ideally, we need to buy less non-recyclable packaging, but by using TerraCycle, can keep more out of landfill for longer - plus help raise funds for charities. Public drop off points can be found here. Check out **Greener & Cleaner Bromley (and Beyond)** Facebook group for members who are collecting.

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