

"Examples of Needless Waste"

Each day our planet is becoming figuratively smaller and literally dirtier. Below are some suggestions you may not yet have thought of to waste fewer of our precious resources.

If your children have grown up and out of their toys and clothing but they're still in good working order, DON'T throw them out – Re-gift them, (the toys and the clothing that is, not your children). Opt for food and variety store items with little or no packaging and take reusable bags to the store rather than opting for the plastic alternative.

Carry a handkerchief and save paper tissues for an emergency.

Request electronic statements and bills from banks and utility companies and don't request needless receipts.

Instead of notepads, use your refrigerator and a reusable marker for phone messages and reminders. Label your letterbox with No Junk Mail to reduce that unwanted post.

Rug up first in winter before seeking sanctuary in front of a blazing heater and wear fewer layers or opt for clothes made with natural fibres in summer before amping the fans or that air conditioner.

Wash plates before scraps set hard or rinse them if you aren't able to wash them straight away, so that you will use less water and detergent later. Wash and rinse those few items by hand rather than running the dishwasher unnecessarily.

Lastly, don't put hot foods in the refrigerator to cool - all this will do is heat up your fridge putting undue pressure on the motor/compressor. Not only will this involve excess power consumption, it may also lead to needless repairs or replacements in addition to expensive power bills. Further, hot foods may heat one's fridge to the point of spoiling other foods it contains, potentially leading to a nasty dose of food-poisoning for you and your family!

Consider the above and see how many more you can think of: You may even wish to form a neighbourhood think-tank or compare your strategies with friends in a co-operative endeavour to reduce your carbon footprints!

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