

Steps You Can Take Today to Reduce Needless Waste

Many of us are aware of the staggering amount of needless waste within our communities and many of us would like to reduce this waste but it may seem like the difference we can make is minute in comparison to the problem. In fact, there are many ways in which we can make a great difference in the amount of waste we produce and in turn, reducing the resources that we consume. The easiest place for individuals and families to start is the supermarket. Most of us visit the supermarket at least once a week and this means any saving we make is multiplied by 52 times over the year. It quickly becomes apparent that we can take easy steps to make a large reduction in our waste over a period of time.

The most needless waste from visiting the supermarket is the shopping bags we use. They are produced from non-renewable resources such as oil, coal and gas and the embodied petroleum energy from just 8.7 plastic shopping bags is enough to power a car for 1 kilometre. If they are not recycled, this embodied energy is lost from the resource chain. If the average person uses 8-9 shopping bags each time they visit the supermarket (assuming they visit once a week) and they choose to carry their groceries home in some other way, like reusable bags or a box, they can save enough energy in one year to power a car for more than 50 kilometres. This is just one way in which we can reduce our consumption on of resources in the supermarket. All products that we buy come in packaging and this packaging is having a major effect on the waste we produce and resources we consume. If you take your own bags, don't use plastic bags to hold your fruit and vegetables and be conscious of the packaging that goods come in when you next visit the super market, you will be on your way to reducing resource consumption and waste production.

References

Cleanup.org.au, 'Plastic as a resource', www.cleanup.org.au/au/Campaigns/plastic-bag-facts.html

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