

The 5 Rs

Practical ways to cut down on plastic and contribute to a healthier planet.

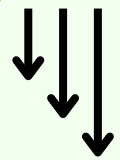
Refuse



Refusing plastic is more effective than managing its waste

- **Ask:** Do I really need this? Is there a more sustainable option?
- **Say:** "No" to single-use items like take away cups or containers and instead bring your own reusable options.
- **Do:** Dine in at a restaurant to refuse take away containers
- **Use:** Bar soap instead of liquid soap in plastic containers

Reduce



Reduce waste by buying less, choosing less packaging and better quality

- **Ask:** Do I need a bag for this item?
- **Do:** Buy loose fruit and vegetables
- **Use:** Choose reusable bags or paper bags

Reuse



Extend an item's life by using it again or using it for something else

- **Do:** Remember your reusable water bottle
- **Use:** Pasta sauce jars for storage or old clothes as cleaning cloths

Repair



Extend an item's life by fixing it instead of buying new

- **Do:** Take care of your items and learn how to fix a hem or sew on a loose button
- **Ask:** Can this electronic or piece of furniture be repaired before I recycle or throwing them out?
- **Learn:** See QR code for Sustainability Saturday workshops, where you can learn useful repair skills

Recycle



Keep your recycling loose and find out what goes in which bin via the QR code.

