

Get involved!

Zero Waste Scotland volunteers are members of your community who can offer support and information to help you reduce waste and save money. To take action and become part of Scotland's achievement of its world-leading zero waste targets, find your local group using the contact details below.

**It's amazing what you can do today,
to find out more visit:
www.zerowastescotland.org.uk**



Zero Waste Scotland works with businesses, individuals, communities and local authorities to help them reduce waste, recycle more and use resources sustainably. Printed on 100% recycled paper.

What can I do today?

**Follow 5 easy
steps to
stop your
unwanted mail**



**Learn how
to compost
at home**

Save £430
by reducing your
food waste

Your guide to reducing waste at home and in the garden

What you can do today!



Zero Waste Scotland works with communities across Scotland to establish and grow local volunteer networks who can work together to help make Scotland a genuinely zero waste society, where all resources are valued and used most effectively.

Zero Waste Scotland volunteers help their communities reduce waste and save money by delivering support and advice about Love Food Hate Waste, Recycle Now, home composting, litter, reuse and other activities that relate to each of our daily lives. Volunteers are trained and supported by Zero Waste Scotland to help them make a real difference, both in their own communities and as part of a larger movement of people who are helping Scotland to meet its world-leading zero waste targets.

You can be part of a zero waste Scotland.
Contact your local volunteer group through the information on the back of this brochure and find out what you can do today!

A practical guide that helps you reduce home and garden waste to both save money and help Scotland move towards becoming a zero waste society.



Zero Waste Scotland works with businesses, communities, individuals and local authorities to help them reduce waste, recycle more and use resources sustainably. Through effective partnership working and communication we encourage and enable positive action towards a zero waste Scotland.

This guide is packed with easy suggestions to help you take action **today**.

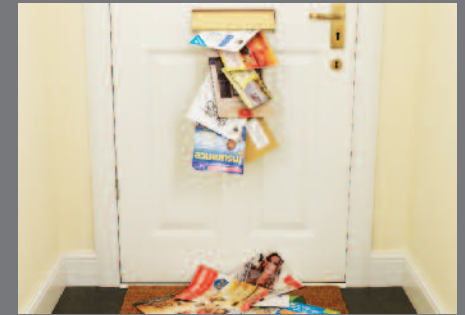
Love Food Hate Waste



Find out how you can save £430 and reduce your food waste with our handy hints, tips and recipe ideas.

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Stop the Drop



Would you like to stop unwanted mail coming through your door? Find out how with our **5 easy steps**.

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Recycle Now



Want to reduce, reuse and recycle more packaging? Learn what retailers are doing and how on-pack recycling labels can help you recycle more.

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Home Composting



Discover how to make compost at home and learn why peat-free is the natural choice.

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Love Food Hate Waste

Would you like an extra £430 each year?

Each year Scottish homes throw away around 566,000 tonnes of food - that's how much food is bought but never enjoyed. And it is not just peelings or bones. Most of this is good food that we simply have not got round to eating. Over two-thirds of food waste could be avoided if we planned, stored and managed it better. In fact, we waste £1 billion worth of good food every year, costing the average Scottish household £430 per year. For families with children it's as much as £550 a year. Can you really afford to be throwing that away?

Follow our top tips to start putting those pennies back in your pocket...



Planning

Planning your meals and food shopping is a great way to get organised in the kitchen and avoid food waste.

- Check your cupboards, fridge and freezer before you go shopping so you know what you already have.
- Plan your meals in advance so you know exactly what to buy.

Storing

Knowing how food should be stored and how long it can be stored for means you can always enjoy your food at its best.



- Store fresh vegetables and salad in the fridge to keep them fresh for longer. **Don't** put potatoes in the fridge though - store them somewhere cool and dark to keep them fresh for longer.
- Store chilled and frozen foods properly as soon as possible to avoid their spoiling.
- Remember to look at the **'use by'** dates. **'Use by'** tells you when food can be safely consumed, and appear on foods that go off quickly, like dairy, meat and fish. Even if it smells and looks fine, it could put your health at risk if it's past its **'use by'** date.
- **'Best before'** dates relate to food quality, rather than food safety. It is safe to eat food after its **'best before'** date, though some foods may no longer be at their best, in terms of taste and texture.

Portioning

Think ahead about portion sizes to help you plan how much you need, so you don't cook too much food.



- Buy fresh produce in smaller quantities, more often, so you can enjoy it at its best.
- Separate meat and fish into portion-sized packets to freeze and use another day.

Is your fridge full of leftover ingredients crying out to be used up? Well in that case this quick and easy recipe is for you!

Try it tonight for a stress-free tea!

Frittata - Spanish omelette

by Wendy Barrie **Serves 4**

Ingredients

- 10ml (1 dessertspoon) rapeseed (or light vegetable) oil
- 1 onion
- 1 clove garlic, peeled and chopped
- 150-200g leftover green beans/mushrooms/onion – or a combination
- 1 tbsp freshly grated parmesan – or any strong cheese you have
- 1 red pepper, deseeded and sliced
- 100g cooked potatoes, sliced
- 6 beaten eggs
- 1 tbsp chopped parsley/basil
- Freshly milled black pepper



Method

1. Heat oil in a frying pan and sauté onion and garlic until softened. Add pepper and continue.
2. Meanwhile wash vegetables as appropriate and trim into bite size pieces. Uncooked vegetables need blanched (part-cooked) for 2 minutes in boiling water. Drain.
3. Pre-heat grill.
4. Add all the vegetables (including cooked potatoes) and herbs to pan and toss lightly to mix together with the oil.
5. Pour eggs into pan and stir to combine.
6. Season with pepper (and a little salt if wished).
7. Stir together for a few moments then reduce to a medium heat and allow to cook without further stirring - about 5-8 minutes.
8. When fully set and golden underneath and still soft on top, scatter with parmesan and transfer to the pre-heated grill to finish off the top. The dish is cooked when the egg is set.
9. This characteristically makes a very thick omelette so serve in wedges, hot or cold.

For more fuss free recipes, money saving ideas and handy hints and tips to reduce your food waste, visit

www.wasteawarelovefood.org.uk

Stop the Drop

Over a third of direct mail is discarded unopened.

Would you like to stop unwanted mail coming through your door?

Did you know that over a third of all direct mail is thrown straight in the bin, unopened? Follow these **5 easy steps** to reduce the amount of unwanted mail you receive and discard, and help Scotland work towards its zero waste targets!

1. Write to Sender

Write to or email companies that you no longer wish to receive materials from.

What does it stop?

Personally addressed direct mail and mail addressed to 'The Occupier'.

What do I do?

Write to or email these companies to indicate that you no longer wish to receive materials from them. Letter templates to help you are available on the website shown below.

2. Register with the Mailing Preference Service

Reduce personally addressed direct mail by registering with the Mailing Preference Service.

What does it stop?

Up to 95% personally addressed direct mail.

What do I do?

Register now at www.mpsonline.org.uk or call 0845 703 4599.



3. Register with Your Choice preference service and opt out of the Royal Mail's Door to Door service

Reduce your unaddressed direct mail by registering with Your Choice preference service and by opting out of the Royal Mail's Door to Door service.

What does it stop?

Unaddressed direct mail.

What do I do?

Register with Your Choice at www.dma.org.uk or call 020 7291 3300. Opt out of Door to Door at www.royalmail.com or call 08457 950 950.

4. Opt out of the edited version of the electoral register

Remove your details from the edited version of the electoral register, which can be purchased by companies for marketing purposes.

What does it stop?

Personally addressed direct mail.

What do I do?

Simply tick the 'opt out' box on the voter registration form. To find out more visit www.electoralcommission.gov.uk

5. Use online services

Switch from paper statements to view and pay bills online. You may even receive a discount for accessing these services online!

What does it stop?

Preventable paper communications from organisations you deal with, like banks and utility companies.

What do I do?

Contact your service providers and sign up for online services.

For more information on reducing the amount of unwanted mail you receive, please visit...

www.stop-the-drop.org.uk

recycle now



On-pack labels can show how you can recycle your packaging. Look out before you throw out, and recycle now.

Much of the packaging that your groceries and other consumer products come in can be easily recycled. In just 11 years our recycling rate has already risen from 5% to nearly 40%, but it's time to do more! By recycling as much as you can you are helping Scotland reach its target to recycle 70% waste by 2025.

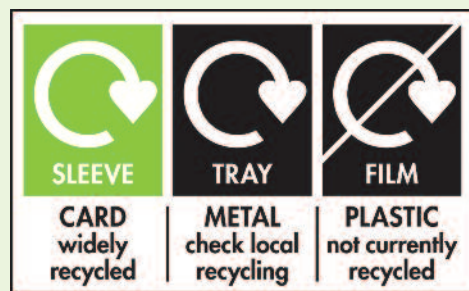
At home, at work, school, college or university, look to recycle all you can, because together we **can** make a difference. Find out how you can recycle more and what many brands and retailers have done to help reduce the amount of packaging you take home.

Recycle

Look out for ways to recycle as much as you can. To find out what you can recycle and where visit www.sort-it.org.uk

On-pack recycling labels

Thousands of labels have been added to products to show you how likely it is that you can recycle the different parts of the packaging.



Many of the brands and retailers that we are all familiar with, like ASDA, B&Q, Heinz, The Co-operative, Pets at Home and Superdrug and many others are using these on-pack recycling labels. In fact since 2009 there are now over 60 thousand products using this system! Look out for these labels the next time you do your shopping and see what can be recycled.



By removing the individual cardboard boxes from its tomato purée the Co-operative reduced its packaging by 35%.

The Courtauld Commitment

This is a voluntary agreement retailers, brands and suppliers have signed up to reduce the environmental impact of the things we buy. It is based around three targets:

- To reduce the environmental impact of grocery packaging by 10%
- To reduce UK household food and drink waste by 4%
- To reduce product and packaging waste in the grocery supply chain by 5%

Between 2005 and 2009 the amount of packaging and food waste in the UK has reduced by more than a million tonnes. For more information and case studies of what's being done visit www.wrap.org.uk/courtauld



B&Q are using reuseable kitchen worktop carriers. This eliminates the need for single use packaging, saving 1,200 tonnes of packaging per year.

Reduce

Choose products with less packaging

Look out for products with reduced packaging and avoid products which you feel are over-packaged.

Buy concentrated products like fabric softener, coffee and squash

Concentrated products contain less water so can reduce packaging by over 50%.



Carlsberg UK reduced the weight of a number of their products, including Carlsberg Export. This has saved about 8,400 tonnes of glass across their product range.

Reuse

Refillable products

Refills can reduce the amount of packaging used by up to 97% and can also save you money too.

Packaging

Food containers and drinks bottles are great for storing food and packed lunches.



Carrier bags

Remember to take your bags when you go shopping.



This concentrated liquid detergent uses 40% less packaging than other Persil liquids.



United Biscuits' Jacob's Biscuits for Cheese has replaced the original 450g plastic tubs with a new carton board box which is 100% recyclable.

Where can I find out more?

www.zerowastescotland.org.uk

Home Composting

Would you like to transform your kitchen and garden waste into valuable, nutrient-rich compost for your garden?



Home composting is easy!

Making your own compost is easy. For tips on where to get a compost bin and on how to ensure you're putting the right mix of ingredients in it, look no further for a handy guide to get you started.

How to compost?

Whether it's access to a garden, an allotment or even a city-centre balcony, if you have outside space, you too can compost at home. To find out who sells or provides compost bins in your area, go to www.sort-it.org.uk.



Starting to compost

- Place a 6in (15cm) layer of brown materials, such as branches and twigs, at the base of your bin. This will help air to circulate at the bottom of the bin once more materials have been added.
- Add a mix of green and brown material and try to add air to the compost mixture as you go, by turning it regularly or by adding scrunched-up paper and card. This will speed up the composting process.
- All you have to do is continue adding the right ingredients and wait to see your compost develop!
- You can tell it's ready when there is an 'earthy' smell and it is dark brown and crumbly. Compost can normally take between 6 and 18 months to form.

What can I compost?

You can compost more than just garden waste. Use a 50/50 mix of both green and brown materials in your compost bin for the best results. Look around your home and garden to see what green and brown materials you can add to your compost.

GREEN materials break down quickly and help to keep the compost moist. Examples include, but are not limited to:

- Cut flowers
- Fruit scraps and vegetable peelings
- Garden and house plants
- Grass cuttings
- Tea leaves/bags and coffee grounds
- Young annual weeds



BROWN materials break down more slowly and add structure to your compost. Examples include, but are not limited to:

- Paper items which can include scrunched up cardboard, egg boxes, toilet roll tubes, shredded letters, unwanted mail including envelopes with the windows taken out
- Straw and hay
- Egg shells
- Contents of your vacuum cleaner



Don't compost these...

Not everything can be composted. It's better not to put the following materials in your compost bin:

- Cooked food
- Raw meat and fish (including bones)
- Diseased plants
- Coal or coke ash (a small amount of wood ash is okay)
- Cat or dog waste
- Nappies, glass, plastic or metal

Peat-Free

Make peat-free compost your natural choice.



Why use peat-free?

Peat beds take thousands of years to form and are home to some of Scotland's rarest ecosystems, which native plants, animals and birds need to thrive. Choosing peat-free compost prevents further damage to and destruction of lowland bogs and helps protect Scotland's natural heritage.

What is peat-free and how do I use it?

Peat-free compost is made from a blend of materials, like garden cuttings, bark, and tree surgeon waste that has been recycled into a peat substitute. This can be used for sowing seeds, growing cuttings, potting up plants or as a lawn conditioner.

Recycled garden compost is made from 100% domestic garden waste, collected through council recycling centres or kerbside collections. It can be used as a soil conditioner or mulch.