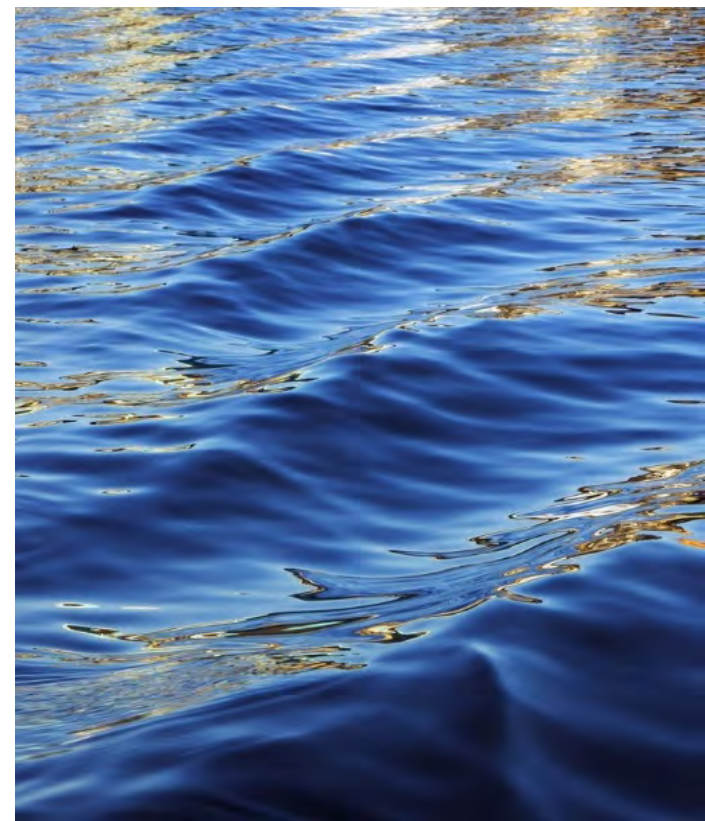




Buying Green



What does *Buying Green* mean?

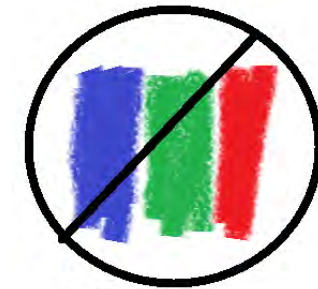
Buying green means choosing a certain product or service also on the base of the enviromental impacts that it can have over its life cycle, that is during all phases of production process, from raw materials to disposal.



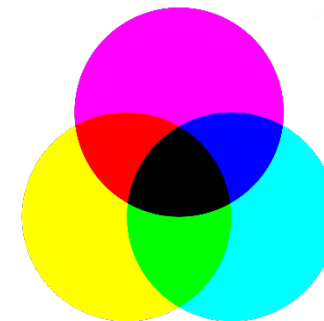
Some Green Eco Tips for Sustainable Living

The 5 Rs :

- Reduce
- Reuse
- Recycle
- Refuse
- Rot



Refuse



Reduce

The critical first step of waste prevention has been overshadowed by a focus on recycling, this are some advice that can be used to reduce waste:

- **Simplify** your life as much as possible, only keep belongings that you use/enjoy on a regular basis
- **Replace Disposables** with reusable ones wherever is possible
- **Buy only what you need** or things that you are sure you'll use such as food or cleaning supplies
- **Buy used products** whenever is possible on sources like _Ebay
_Local thrift stores
_Garage sales



Reuse

Using an item many times, whether for its original purpose (conventional reuse) or to fulfil a different function (creative reusing or repurposing).

- Shop and hold **garage sales**, this is a great way to reuse products
- Switch from disposable to **reusable products** like cups, plates, razors, towels and shopping bag
- Buy **durable products** that will last and take a good care of them
- **Replace plastic bags** with reusable or sustainable containers



Recycle



Converting waste materials into new materials and objects. It is an alternative to "conventional" waste disposal that can save material and help lower greenhouse gas emissions.

- **Recycle plastic bottles** or switch with reusable metal bottles
- **Pack-it-out:** if you are travelling and no recycle bins are available, pack your recyclables home with you whenever possible
- Start a **compost** pile with yard trimmings and food scraps
- **Grasscycling:** leave grass clippings on the lawn as fertilizer and to reduce the amount of yard trimmings disposed in landfills



MAKE RECYCLING A PART OF YOUR EVERYDAY LIFE

Refuse

- **Refuse products that create waste**, minimize or eliminate other types of purchases that generate it
- **Avoid single use products** in particular if they are made of plastic instead choose reusable ones like cups, shopping bags ecc..



9 REASONS TO REFUSE SINGLE-USE PLASTIC



1 Made from fossil fuels



2 Huge carbon footprint



3 Will still be here in hundreds of years



4 Only a tiny percentage is recycled



5 Leaches toxins into food & drink



6 Causes hormone disruption & cancers



7 Pollutes our oceans



8 Kills marine animals and birds



9 Enters our food chain

LESS PLASTIC.

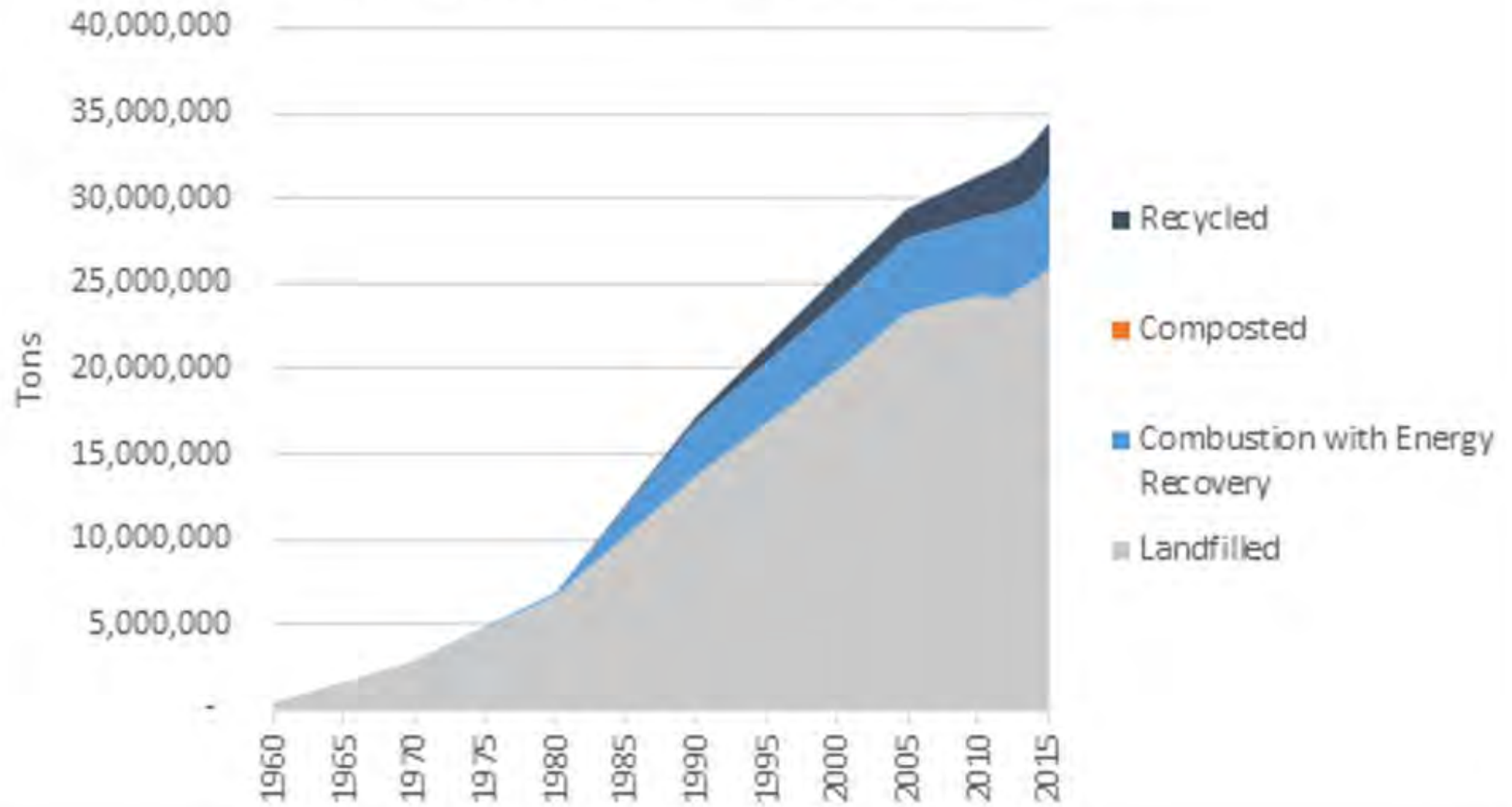
WWW.LESSPLASTIC.CO.UK

Rot

- **Composting** as we have seen in the recycling point
- **Grasscycling** : leave grass clippings on the lawn as fertilizer and to reduce the amount of yard trimmings disposed in landfills
- **Mulching** mowers are available which will convert cut grass into a natural fertilizer



Plastics Waste Management: 1960-2015





ErasmusPlus Project *Let's Help Our Precious Planet*
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