



Recycling tips for home





Reduce • Reuse • Recycle



Don't order
a takeaway!

1

Use it up!

Get creative with your family at home once a week. By using up all the bits you have left in the fridge before you do food shopping, rather than ordering a takeaway, you can:

- Use it as an opportunity to **try new flavours**
- Get creative with ingredients and spend time in the kitchen learning how to cook
- **Reduce** food waste
- **Save money** for other things
- Try a Buddha bowl, they are great for this, with some rice or pasta and any meats you have, sliced veg or salads, beans etc with some bread.



2

Leftovers? make it special

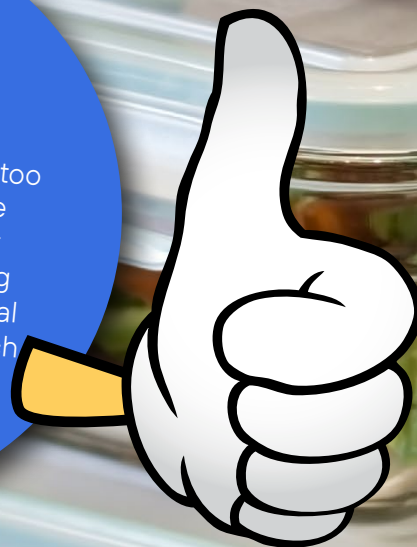
Show us how you are using
up your leftovers.

Eating leftovers for lunch is a great way to reduce food waste, if you don't fancy them the next day you can always freeze these for later in the week as an easy, quick lunch.

A benefit to this

is it saves time too for everyone, meaning more time can be spend together than a family member having to prep and cook a fresh meal again and use resources such as electric and gas again.

You can also use left over veg in your next meal too, in an omelette or bubble and squeak!



Send us
**YOUR
PHOTOS**



3

Wash your plastics

Ensure your plastic waste is clean and dry before placing them into your recycling. Or better still show us where you are re-using your plastics.

1. A big challenge with mixed recycling is that a lot of waste is not cleaned properly before being put into bins.
2. Whilst you are at home, take time to wash your yogurt pots, tin cans and any other plastic waste generated before placing this into the recycling bin.



Send us
**YOUR
PHOTOS**



4

Plastic fantastic



94%

of councils will collect and recycle PET and it is usually made into bottles for soft drinks, carpets, bags and thermal stuffing for coats!

The most common plastic around the home is **PET or Polyethylene Terephthalate**, this is always marked with a 1 somewhere, in a recycling symbol.

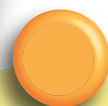
To be able to recycle more effectively in the future, understanding the different types of plastics at home will be

really helpful



Send us
**YOUR
PHOTOS**

Identify one item that is PET and send us a photo!



5

Create your own!

Fairy light lantern...

What
will I need?

An empty
2ltr bottle

Scissors

LED fairy lights
(battery operated)

Pencil

Cardboard for
template (cereal
boxes are great)

Clear glue
White paper

Warning: Use LED bulbs only!

a. **Cut off the neck of the bottle** so you have a handy open container.

c. Next, cut a cardboard template of your chosen geometric shape. **Diamonds or hexagons work well.**

e. **Wrap and stick a plain sheet of paper around the bottle**, ensuring it's at least 6cm above the top of the bottom so you won't see it.

b. **Add in the string of LED lights.**

d. **Trace a repeated pattern using a pencil across the sheet of paper.** Cut your shapes out.

f. **Then wrap and stick your cut-out sheet on top.**

g. **These two layers will allow the fairy lights to twinkle through the pattern** without seeing the bottom behind.



Send us
YOUR
PHOTOS

Get in touch

08700 777 555



greenerpath@acmplc.com



ACM Environmental
ECO House, Lea Road, Waltham Abbey,
Hertfordshire, EN9 1AS

acmplc.com