

First name: _____




Last name: _____

Go to www.recycleforbuckinghamshire.co.uk
for more on reducing, reusing and recycling
your household waste



Tick each time you help our planet by reducing waste in one of the ways below:

Share what I have learned with someone		
Give your recycling a quick clean		
Keep recycling loose (not in carrier bags)		
Recycle a drinks can at home		
Recycle a metal food tin or can at home		
Recycle a metal lid at home		
Recycle an empty aerosol can at home		
Recycle a glass bottle or jar at home (with lid on)		

Recycle paper at home		
Recycle cardboard at home (flatten it first!)		
Recycle a carton at home (flatten it first!)		
Recycle a plastic pot, tub or tray at home (black plastic trays too!)		
Recycle a plastic bottle at home (with the lid on)		
Recycle your clean foil & foil trays. Scrunch small bits up into a ball!		
Take good clothes to any charity shop...		
... and poor condition clothes to Oxfam, Red Cross, H&M and M&S		

Put batteries in a shop collection box, not your bins at home!		
Recycle all your soft plastics at supermarkets like Co-op and Tesco!		
Add a 'green' to your compost bin		
Add a 'brown' to your compost bin		
Put equal amounts of greens & browns in your compost bin		
Reuse a scrap of paper for making a list		
Carry and reuse a shopping bag		
Carry and use a reusable cup or water bottle		
Reuse a lunch box or sandwich wrap		
Carry and use reusable cutlery or a reusable straw		

Donate to, or buy from, a charity shop		
Help repair something instead of buying a new one instead		
Upcycle something old from home (give it a new life!)		
Help plan a meal before going shopping		
Help make a shopping list (and stick to it while shopping!)		
Check your cupboards/fridge before shopping		
Check a best before date		
Measure food to avoid cooking too much		
Help create a meal at home using leftovers		
Make food last longer by keeping air out of the packet or freezing		