



The 5 Rs Guide

Reduce. Reuse. Recycle. Rethink. Repair.

*Be part of the solution
for a sustainable future.*

May 2021

This publication is designed for on-screen viewing.

1. Reduce

- **Choose products with less packaging** e.g. loose fruit and vegetables
- **Use your own produce bags** and “green” bags when shopping and keep bags in your car or handbag for unplanned shops
- **Buy in bulk** non-perishable items (like rice, flour, pet food) to save on packaging
- **Use reusable containers** to pack lunches rather than plastic wrap
- **Avoid plastic or cans** when buying soft drinks in – invest in a soda stream
- **Cook from first principles**, using fresh meat, fruits and vegetables – also saves \$ as fresh food is GST free
- **Avoid use of single use non-recyclable plastic utensils and straws**
- **Use a coffee machine that uses beans** rather than disposable pods
- **Request takeaway food in reusable containers** – yours or theirs
- **Avoid purchase of water in single use bottles** – buy a reusable water bottle
- **Go paperless** – receive regular bills and bank statements via email and put a ‘no junk mail’ sticker on your letterbox



2. Reuse

- **Use packaging or materials in different ways** e.g. reuse takeaway containers for freezer storage, glass jars for home made jams and preserves
- **Use old print-outs** as scrap paper or print on both sides
- **Use something you already have**, rather than buying something new
- **Use cardboard and paper under mulch** in the garden to reduce weeds and improve soil
- **Use a keep cup for coffee**, rather than a disposable coffee cup
- **Buy products that are made from recycled materials**, such as recycled timber and plastic

3. Recycle

- **Aluminium, steel cans, aerosols and clean foil**
- **Paper** including phone books, stationery, copy paper and office paper, newspapers, brochures, magazines and advertising material



Recycle continued

- **Glass bottles and jars**
- **Most firm plastic containers**, such as water bottles and milk & juice containers
- **Clean soft plastics** can be recycled to Woolworths or Coles via [REDcycle](#)
- **Printer cartridges** can be recycled to office suppliers e.g. Officeworks
- **Kitchen scraps** can be
 - * recycled in a council green bin or a [bokashi](#) bin, compost bin or a worm farm to add nutrients to the garden
 - * fed to chooks
- **Batteries can be recycled e.g. Aldi**
- **Mobile phones** can be recycled via [Mobile Muster](#) program
- **e-Waste** collection points for small items have been set up at various central points in towns and larger e-waste items are accepted at Council Transfer Stations
- **Clothing, shoes, toys** etc can go to charities such as Vinnies or Salvos

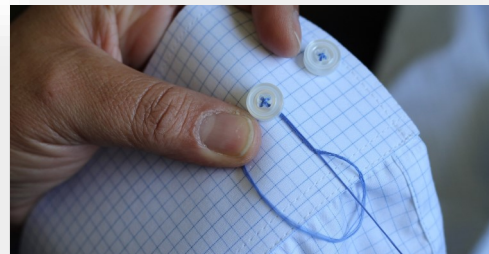


4. Rethink

- **Buy reusable packaging** that can be used more than once
- **Think about your impact** on the planet e.g. reduce the carbon miles of your travel and purchases and consider vegetarian options
- **Rethink the way you dispose of waste**
- **Rethink the amount of energy** you use daily
- **Rethink cling film, aluminium foil and baking paper** and replace with 100% food grade silicone sheets
- **Websites** to make you think
 - [Compost Revolution](#)
 - [One Million Women](#)
 - [Plastic Free July](#)

5. Repair

- **Could it be made into something else?**
- **Could it be used for parts?**
- **Do you really need a new one?**
- **Can you give it to someone to fix?** Such as a [repair café](#)



Globally, women and girls are more at risk from the impacts of climate change.

Through Zonta's health, education and sustainability activities we empower women and men to create a fairer future for everyone.

If you would like to know more about this Zonta International District 23 initiative please visit:

www.zontasaysnow.org.au

or contact us at:

zontasaysnow@gmail.com

We look forward to hearing from you

Many thanks to Bronwen Haywood from the Zonta Club of Central Goldfields in Victoria for collating this useful information.

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