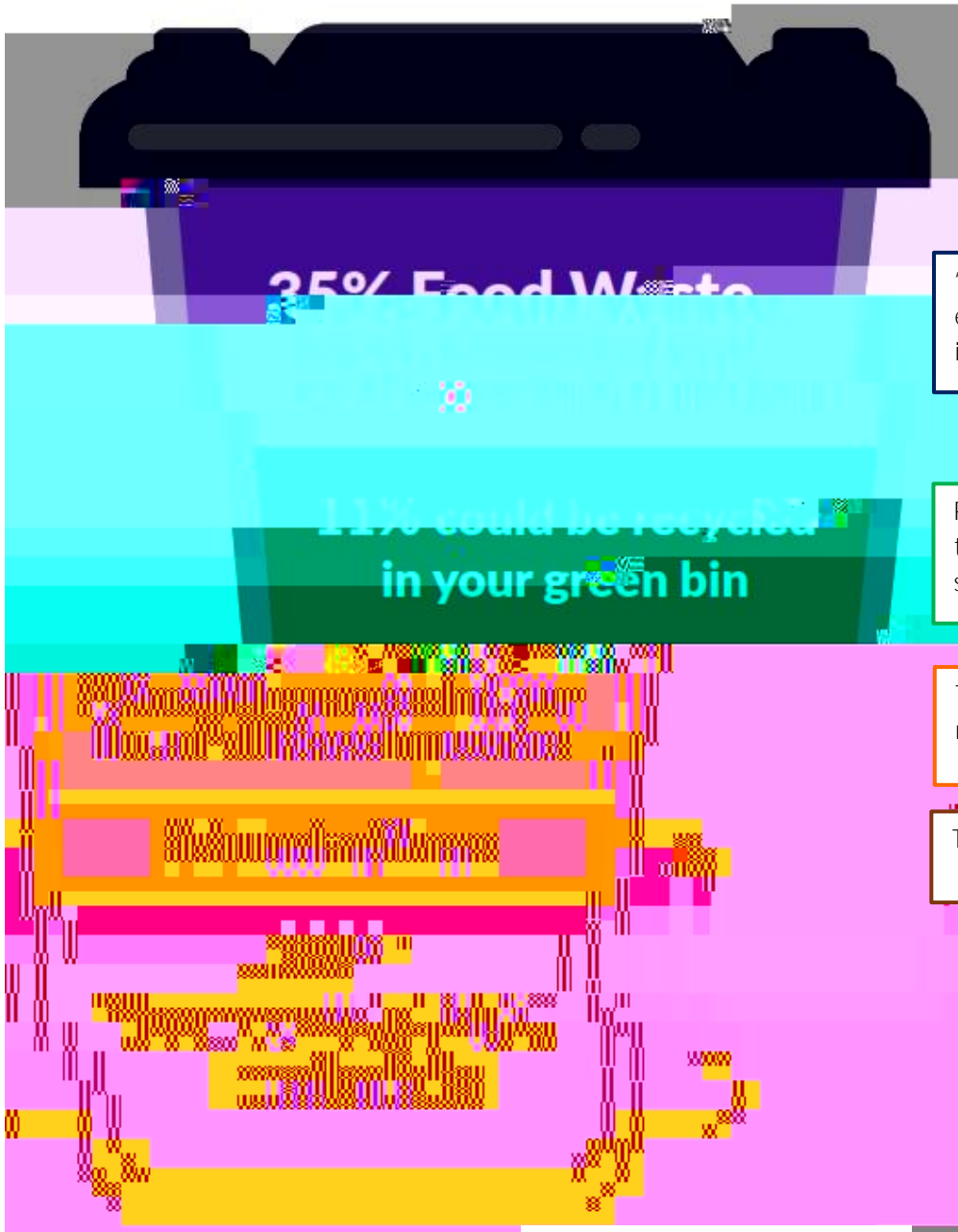


30 Days of Zero

The contents of the average Worcestershire black wheelie bin:



“Avoidable” food waste could have been eaten in some form. The food waste in its packaging includes bread, ham, salad

People are still putting recyclables in their black bin, yet these are easily separated and put in the green bin

This includes items such as textiles, metals, wood and electrical items

This needs to go to the HRC,

Source: MEL Consulting 2023

None of these swaps are difficult or time consuming and that's the key. Keep it simple and make the right adjustment for you and your lifestyle.

Repeat these waste audits throughout the challenge and use them as your guide to identify opportunities for change.

Step 2: Your simple swaps list

Hand soap bottles – swap for bar soap.

Bathroom cleaning product bottles – you could try making your own. There are lots of suggested ideas available on various websites, just search online.

Sanitary products – try using a reusable menstrual cup.

Check dates and store food correctly –

Step 5: Get composting

If you haven't got a home compost bin yet then now is the time to get one.

Composting at home is a great way of minimising the waste you generate and helping the environment. In fact, composting at home for just one year can prevent greenhouse gases equivalent to all the CO₂ your kettle produces annually or your washing machine in three months.

It's not as complicated as people think. For beginners, a simple compost bin is the easiest and inexpensive way to start. Just sort out the right items from your garden and household waste, place them in your compost bin, wait about 18 months and your compost will be ready to use.

You can buy a compost bin through Worcestershire County Council. Visit www.letswasteless.com and click on the composting button or call Get Composting on 0844 571 4444.

How to make compost

The key to good compost lies in getting the mix right. You need a good balance of "greens" and "browns" in your bin and to keep certain items out. If your compost is too wet add more browns, if it is too dry add more greens. Air is also essential to the process so give it a good stir to create air pockets.

These should be kept out of your compost bin.

| | |
|-------------------|-----------------------|
| Cooked vegetables | Diseases plants |
| Meat | Dog poo or cat litter |
| Dairy products | Baby nappies |

Other types of composting

HOTBINS

Step 7: Maximise your recycling

Buy second hand first – for the duration of your 30 day challenge why not try buying no new item of clothing? Check out your local charity shops and online auction places to see what pre-loved clothing you can pick up. You'll save money too.

Clear out your closet – It is estimated £30billion worth of clothing is sat in wardrobes across the country. That's still waste when it could be out there, being worn by someone else and reducing demand for new clothing. So, have a clear out and then donate to your local charity shop or sell online.

Wash with care – washing clothes too much can seriously reduce their lifespan. Follow carefully the instructions on labels, try spot cleaning rather than washing the whole garment or click [here](#)