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This week Ireland’s Classic Hits Radio looked at simple ways we can cut back on our household waste.

**Did you know…**

The easiest ways to reduce your household waste:

**1. Recycle, reuse, repair**

When we recycle, we use less raw materials than when producing a new product, which reduces air pollution and improves the environment.

**2. Avoid food packaging**

When you’re in the supermarket, avoid buying items with excessive plastic packaging. In some supermarkets, you may be able to leave unwanted packaging behind.

**3. Avoid single-use plastics**

Single-use plastics (SUP’s) are items that are used once, or for a short period of time, and then thrown away. For example, straws, cotton bud sticks and polystyrene food containers.

**4. Buy second hand**

Buying second hand products will save you money. It also decreases the demand for new items, which preserves natural resources.

**5. No junk mail sticker**

Put a ‘No junk mail’ sign on your front door or post box. This will stop unwanted paper waste coming into your home, such as flyers, brochures and free newspapers.

**6. Use What You Have**

Stainless steel water bottles are great, but don’t rush out and buy them straight away. See what you have in the house first. A lot of “single-use” plastics have more than one go in them.

**7. Hide The Bin**

Moving the kitchen bin to somewhere inconvenient like the garage or utility room can force the family to think about how they’re getting rid of waste. It’s so easy to toss something in the nearest bin, but if the "main" bin isn’t there, everyone has to take a minute and think “can this be recycled or composted?”

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