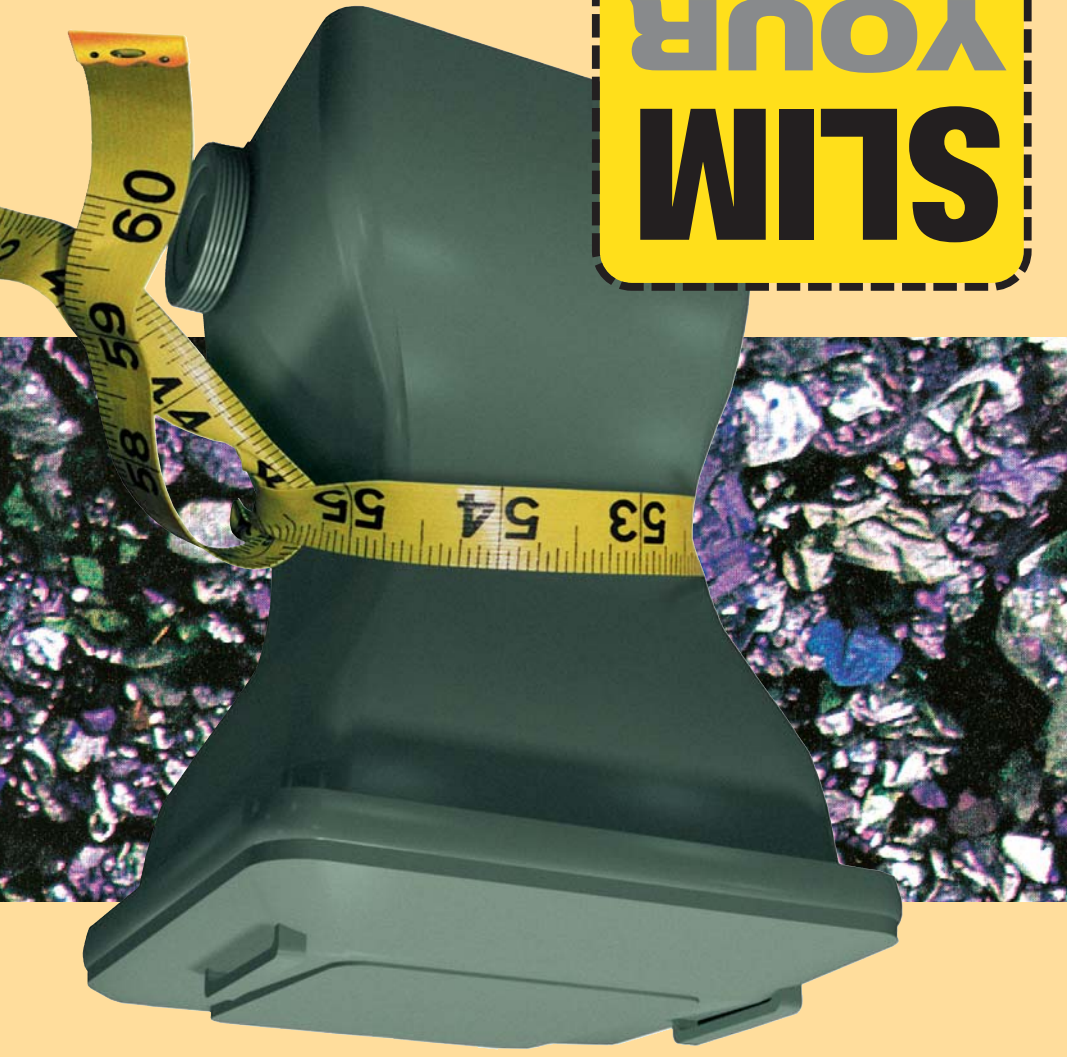




**SLIM  
YOUR  
BIN!**



Yellowstone 01 - 6761010



For more information on waste minimisation, recycling and home composting contact the:

Environment Department,  
Limerick City Council  
Tel: 061 407190  
Free Phone Litter Line 1 800 216 816  
email: [environ@limerickcity.ie](mailto:environ@limerickcity.ie)  
or check out the website  
on [www.limerickcity.ie](http://www.limerickcity.ie)

**SLIM  
YOUR  
BIN!**

## Your guide to waste reduction

### What a Waste

On average households in Limerick City produce up to 1.25 tonnes of waste every year. That's enough to fill your house from floor to roof *and* cover the garden!

The more we waste, the more resources we are using up. For every tonne of waste we create, another 25 tonnes is created between the initial extraction and manufacturing stages. We are currently using more than our fair share of resources and at the rate we are going, we won't be leaving much for our future generations.

The waste we create doesn't just vanish once it leaves our front gate. As Ireland quickly runs out of landfill space, there are fewer and fewer places for our waste to go, leading to increasing disposal costs. Under EU legislation, we are all required to reduce the amount of waste we create, increase our recycling and pay according to what we throw away in our bins.

We have a serious waste problem that can no longer be swept under the carpet.

It can be managed but...  
**it's up to YOU to play your part!**

### SLIM YOUR BIN

The purpose of the Limerick City Council 'Slim Your Bin' leaflet is to help householders reduce waste by taking simple steps and changing habits.

#### Us - Not Them

Many of us think that industry is responsible for creating the waste problem. Industry has a certain responsibility but so do each and every one of us! If we all just stop and THINK about our habits and take a few simple steps, we could make a big difference. It's time to TAKE ACTION!

#### The Value of Waste

Much of what goes in our bin is not 'rubbish' but has a value. Often it can be reused, recycled or composted.

**REUSING AND RECYCLING** reduces the need for mining, quarrying and logging - activities that can be environmentally destructive by destroying the natural environment and local wildlife habitats.

**RECYCLING** saves energy and resources and reduces pollution.

**COMPOSTING** provides nutrients for your garden and reduces your kitchen waste by one third. It also cuts down on packaging waste as you don't have to buy fertiliser for your garden.

#### Not in Your back yard...

Burning waste in your back garden is *not* a solution to reduce your waste. It has serious environmental impacts and causes pollution. It is also illegal under the Air Pollution Act if it causes nuisance to your neighbours.

### WHAT CAN YOU DO?

#### Rethink

**You can avoid a lot of waste in the first place by thinking about it every time you buy something. Ask yourself:**

- ❖ Do I need it?
- ❖ How am I going to dispose of it?
- ❖ Is this recyclable?
- ❖ Could I buy this in less packaging or more recyclable packaging?

#### Reduce

Packaging accounts for roughly one third of what you put into your bin. On average, 13% of food costs and 20% of waste disposal costs are down to packaging. Be selective when you're shopping and avoid disposable containers and unnecessary packaging.

#### Reuse

**Every time you go to throw something out, ask yourself:**

- ❖ Could it be reused or used for something else?
- ❖ Could it be repaired?
- ❖ Could somebody else use it?

#### Recycle

**Every time you go to throw something out ask yourself:**

- ❖ Can I recycle it?
- ❖ Can I compost it?

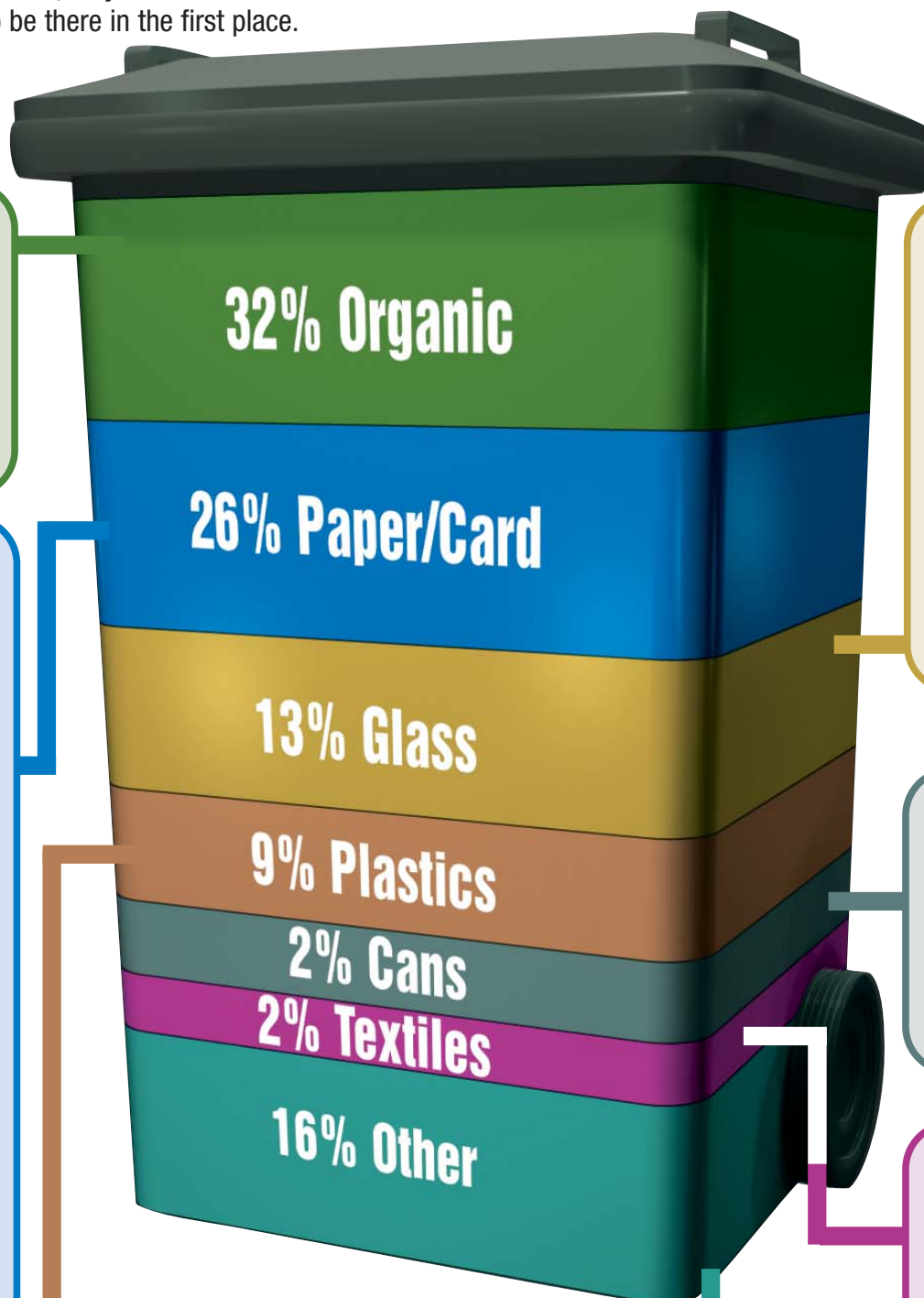
# SLIM YOUR BIN!

## WHAT'S IN YOUR BIN ?

There's a lot that you can do to keep **your** Bin as Slim as possible. The contents of a typical household bin are shown below.

More than two thirds of it can be reused, recycled or doesn't need to be there in the first place.

Follow the tips below to Slim your Bin. These are just some examples. You may think of lots of other ways of Slimming Your Bin and helping to reduce waste in Limerick City.



### COMPOST

Turn your kitchen and garden waste into compost. All you need is a compost bin or wormery. Save yourself a fortune and help protect your environment.

Compost can be used as an alternative to peat based products, thereby helping to preserve threatened bogs and endangered wildlife habitats.

### REDUCE

- ❖ Stop junk mail by returning to sender and asking to be removed from the mailing list.
- ❖ Put a 'no unsolicited mail' sign on your mailbox.
- ❖ Buy products in the largest container you can use.
- ❖ Avoid paper towels and disposable cleaning cloths. Wash and reuse cleaning cloths.
- ❖ Use handkerchiefs not tissues.
- ❖ Don't print out emails or other documents unless you really need a paper copy.
- ❖ Use both sides of a sheet of paper - Use double sided printing if your printer supports it.
- ❖ Use recycled paper in your home and office.

### REUSE

- ❖ Give old books to charity shops or sell them to a second hand bookseller.
- ❖ Send stamps to charity.
- ❖ Reuse envelopes.

### RECYCLE

- ❖ Virtually all paper products can be recycled.

### REDUCE

- ❖ Buy the largest sized glass container you can use.

### REUSE

- ❖ Use jars with lids for storage.
- ❖ Use jam jars for jams and preserves.

### RECYCLE

- ❖ Glass bottles and jars can be put in a bottle bank. The glass should be sorted by colour and put into the correct bins. Put blue glass into the green bank.

### REDUCE

- ❖ Buy soft drinks in large bottles rather than cans; pour into a smaller reusable container for daily use.

### RECYCLE

- ❖ Recycle both drinks cans (aluminium) and food cans (steel).

### REDUCE

- ❖ Use reusable nappies (they're not like they used to be!)

### REUSE

- ❖ Reuse old clothes as rags
- ❖ Donate unwanted clothing and small household items to charity shops and jumble sales.

### RECYCLE

- ❖ Bring textiles to textile banks or to your local charity shop.

### REDUCE

- ❖ Bring your reusable bag when shopping.
- ❖ Buy the largest container you can use.
- ❖ Use reusable nappies (they're not like they used to be!).
- ❖ Choose concentrated products.
- ❖ Avoid cling film and aluminium foil for sandwiches & leftovers. Use a box with a lid such as an ice-cream tub.
- ❖ Buy loose foods and avoid pre-packed fruit, meats, vegetables, cheese etc. Save your money, you're only paying for the packaging.
- ❖ Use a water filter rather than bottled water if possible.
- ❖ Say no to items you're not going to use e.g. napkins, straws, plastic utensils, condiments.
- ❖ Choose glass rather than plastic (drinks, sauces, cosmetics etc) as it's easier to recycle.

### REUSE

- ❖ Avoid disposable products like razors, biros and felt tip pens. Use refillable / reusable products instead.
- ❖ Buy refills, for example washing powders and liquids
- ❖ Reuse ice-cream and margarine containers for storage or as sandwich boxes

### RECYCLE

- ❖ Many plastic containers can be recycled. Check your local bring centre.

### REDUCE

- ❖ Change to low energy light bulbs- these last 8 times longer so create less waste and save you money.
- ❖ Use durable cameras not disposable ones.
- ❖ Buy a battery charger and rechargeable batteries.

### REUSE

- ❖ If it's broken - fix it! Repair broken appliances
- ❖ Give old toys to charity. Sell old furniture to a second hand furniture shop or give to charity.
- ❖ Give spare paints, garden chemicals to friends who need them.
- ❖ Return clothes hangers to dry cleaners

## HAZARDOUS WASTE

A collection for paint & paint related materials (oil based paints, solvents, paint strippers / thinners, inks, adhesives, resins and varnishes) is available at intervals during the year.

A collection point for Fluorescent Lighting tubes, Waste Oils and Oil Filters (mineral oils ie: car oils), Batteries (car batteries & household batteries), Aerosols (deodorants, shaving cream, hair sprays etc) and Cooking Oil are available throughout the year please contact the Environment Department for details.