

The Waste Hierarchy

The waste hierarchy is a simple diagram on how you can help combat the problem of trash. Below you'll find some simple tips on how you can follow the hierarchy in your everyday life to save food and packaging waste.

PACKAGING

- avoid buying heavily packaged goods
- buy loose produce when possible
- take your own bags when you go shopping
- buy in bulk and make use of reusable storage containers
- use a reusable water bottle instead of buying disposable ones
- take a packed lunch in reusable containers to work/school
- separate and recycle/compost materials that cannot be reused

FOOD

- check what you have at home before you go shopping so you don't overbuy
- when shopping, look at the best before dates on the packaging so you know when to eat food by
- plan your meals so that you don't waste the food you buy
- store leftovers from lunch or dinner in reusable containers and use them for your next meal
- follow portion guidelines to avoid cooking too much
- compost waste that cannot be saved

