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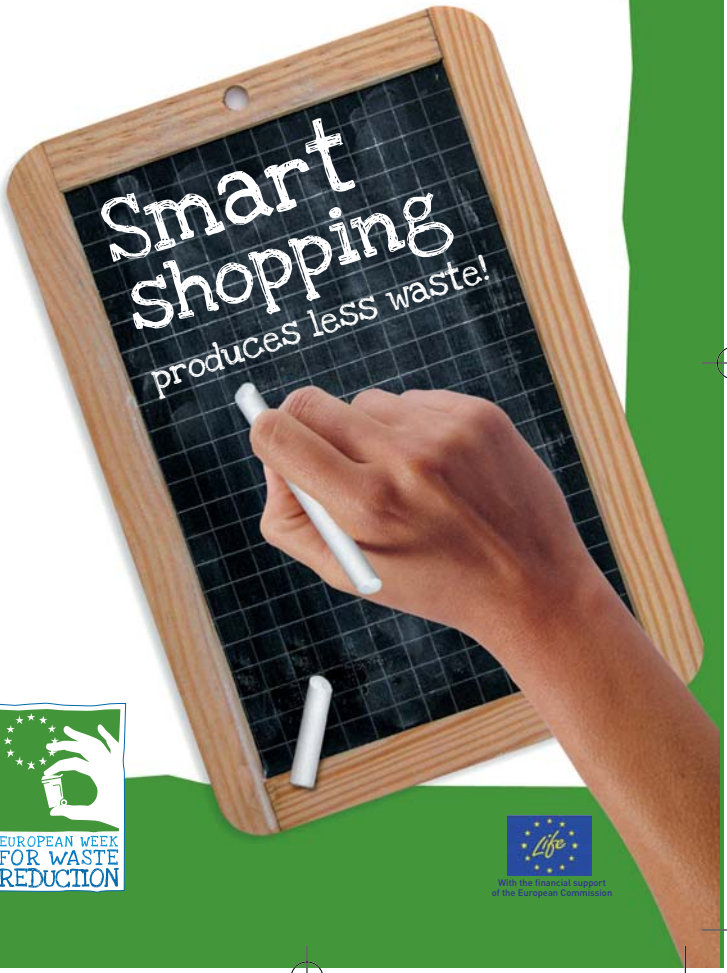
MY CLEVER LITTLE NOTEBOOK FOR SMARTER PURCHASING!



EUROPEAN WEEK FOR WASTE REDUCTION

Life
With the financial support of the European Commission

MY CLEVER NOTEBOOK FOR REDUCING WASTE!

This shopping list notebook has been designed to help you to make better purchases and become an informed eco-consumer!

Through the act of purchasing, we can reduce our impact on the environment- among others, by reducing the amount of waste we produce and its harmful effects.

The best waste is the waste never produced!

Waste prevention begins before purchasing, it begins by thinking about our needs: should I rent or borrow, exchange or share certain products?

When purchasing we should prioritise certain product characteristics: bulk buy, less packaging, largest size products, always choosing a product that is best suited to our actual needs, reusable or rechargeable products, prioritise products that don't require batteries, eco-label products, etc.

Less waste means less pollution, fewer natural resources consumed, less energy wasted, a reduction in the cost of managing waste and less to pay at the checkout.

Put simply, less waste means a healthier planet for all of us!

Did you know? In Europe (EU – 27), production of municipal waste has almost doubled in 30 years. It's time to take action!

Tip of the day: Choose to buy products in bulk to minimise the amount of packaging waste! For example fruit, vegetables, etc.

MY SHOPPING LIST

Did you know? Many products are only used once; these are what we call disposable products. Often there are alternatives that create a lot less waste!

Tip of the day: Opt for durable products over disposable ones. Some examples are cleaning cloths, razors, cups, refillable pens, rechargeable batteries...

MY SHOPPING LIST

Did you know? Tap water is between 100 and 300 times less expensive than a pack of bottled water.

Tip of the day: Fill up a jug of tap water! Save the money you would have spent on buying a pack of bottled water and limit the amount of plastic wasted! If tap water in your area has a slight taste of chlorine, leave it to chill in the fridge for a while before drinking.

MY SHOPPING LIST

Did you know? Numerous studies have shown that reusable bags (which are reused at least 7 times) are better for the environment than any type of disposable bag (whether it's made of paper, plastic, biodegradable materials!).

Tip of the day: Always remember to take a reusable bag or canvas shopping bag when going to the supermarket.

MY SHOPPING LIST

Did you know? The composition of our rubbish bins has not changed much since 1993 with the exception of sanitary products and toxic materials. Our rubbish is made up of several categories: biodegradable waste, paper/card, glass, plastics, textiles, metals, various composite or non-classified materials.

Tip of the day: to reduce your consumption of packaging, this week opt for a 1kg bag of rice instead of two 500g packs! You'll save space and limit the amount of household waste produced.

MY SHOPPING LIST

Did you know? Hundreds of millions of batteries and storage batteries are produced in Europe each year. Certain types of batteries contain mercury and should they be disposed of incorrectly, could potentially pollute 1m³ of soil and 1000m³ of water for as long as 50 years!

Tip of the day: Opt for products that don't require batteries, such as those that can be plugged in to a socket, mechanical scales, toys that don't need batteries, dynamo lamps... If you can't find an alternative then choose to buy rechargeable batteries instead of disposable ones; in this way, you will prevent harmful components from being thrown away. As a last resort, opt for alkaline batteries rather than saline ones because they last longer and remember to bring back used batteries to the nearest collection point for safe disposal.

MY SHOPPING LIST

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Did you know? Most conventional clothes washing liquids or powders generate a lot of pollution, due to the presence of molecules that are more or less labile (unstable or mobile), toxic and residual.

Tip of the day: Choose clothes washing liquid and household products that carry an eco-label and that come in concentrated form. Use the recommended amount, which works just as efficiently, and help to fight packaging waste.

MY SHOPPING LIST

European Ecolabel

Did you know? Energy-efficient light bulbs use 4 to 5 times less energy and last 6 to 10 times longer than traditional light bulbs and halogen lamps. And besides, they're almost entirely recyclable, which helps to save raw materials and to preserve the environment.

Tip of the day: Opt for low-energy light bulbs. You'll save money and cut down on rubbish.

MY SHOPPING LIST

Did you know? We buy an average of 5 presents per year.

Tip of the day: How about buying a "dematerialised" gift, such as tickets for a show or concert in the area, or a subscription, a massage session, cooking lessons... pleasure without waste!

MY SHOPPING LIST

Did you know? Each year, more than 10kg of leaflets come through our letter boxes.

Tip of the day: Why not put a NO JUNK MAIL sticker on your letterbox? They are available from your local authority or associations.

MY SHOPPING LIST

Did you know? Soap was invented in Syria, around 3000 years ago, and was originally made with olive oil and vegetable soda.

Tip of the day: This week, I choose to buy soap instead of shower gel. With less packaging, soap helps to put your rubbish bin on a diet!

MY SHOPPING LIST

Did you know? The comparative cost of using disposable wipes instead of a cleaning cloth is 15 times higher!

Tip of the day: Choose the durable option rather than the single-use one. It's cheaper and helps cut down on waste!

MY SHOPPING LIST

Did you know? A recent study has shown that more than 8% of the food we buy ends up in the bin without even being opened!

Tip of the day: Be a bit more vigilant; calculate the quantities you need by following the indications and measures recommended on the packet. Also, keep an eye on the use-by dates of products. You'll end up with less food wasted and more money saved.

MY SHOPPING LIST

Did you know? DIY to do in the living room?

Tip of the day: Why not hire or borrow the materials you need? In any case, it's the kind of equipment you only use occasionally: steam stripper, high-pressure cleaner, carpet cleaner... so why clutter up the garage?

MY SHOPPING LIST

Did you know? An eco-label is a label attributed to a product, granted by a certifying organisation and which guarantees that the product concerned has a reduced impact on the environment throughout its product life cycle.

Tip of the day: When it comes to toiletries, opt for eco-labelled products. Why not? They're just as efficient!

MY SHOPPING LIST

European Ecolabel

Did you know? There are reuse centres all over Europe. These centres collect goods and appliances that have reached the end of their life cycle in order to restore and resell them.

Tip of the day: Before throwing an object away, find out about these associations, they could give that object a new life!

MY SHOPPING LIST

Did you know? The word "picnic" originally meant a "meal to which everyone brings their contribution".

Tip of the day: When going on a picnic, bring along airtight containers for food, flasks and everyday hardware cutlery. That way there will be less rubbish left over at the end of the picnic, which will of course be thrown in the nearest bin, or even better taken home for disposal.

MY SHOPPING LIST

Did you know? More than 30% of the contents of our bins is fermentable waste (kitchen waste, garden waste, pet litter, ashes etc.)

Tip of the day: Make your own compost from green and biodegradable waste. That way you'll also gain an excellent source of natural fertiliser for your flowers and vegetable garden. If not, think about buying a natural fertiliser that's adapted to organic farming methods.

MY SHOPPING LIST

Did you know? Each year in France 1.9 million tonnes of plastic is consumed in the form of packaging! That's approximately 1900 times the weight of the Arc de Triomphe!

Tip of the day: Choose products in large size packs rather than in mini packets. It's cheaper and helps to produce less packaging waste.

MY SHOPPING LIST

Did you know? The Chinese believe that those who drink tea will live longer because it's natural and healthy for the body.

Tip of the day: At the office, bring in your own mug or cup for your tea! That way you'll save filling up the waste paper basket with plastic cups.

MY SHOPPING LIST

Did you know? For babies, there are actually some very effective washable nappies available!

Tip of the day: Opt for reusable, washable nappies instead of disposable ones, it costs half the price and creates a lot less waste.

MY SHOPPING LIST

Did you know? Giving new life to damaged objects means lightening the contents of the bin, as well as your wallet!

Tip of the day: This week, think about repairing damaged appliances or objects rather than throwing them out. Take the item to a repairman to see if it can be fixed. For example, why not take your shoes to the shoe mender every now and then, to keep them in good condition!

MY SHOPPING LIST

Did you know? In 30 years, the volume of packaging waste has increased 5 fold, even as much as 50 times for certain materials such as plastic!

Tip of the day: Choose to cook with fresh foodstuffs, vegetables and meat; that way you'll eat healthily and you'll save a lot of packaging waste compared with an over-packaged ready meal.

MY SHOPPING LIST

Did you know? Coffee is the second most traded product in the world after petroleum. Brazil is the world's largest producer of coffee.

Tip of the day: Think about buying instant coffee in a large container rather than in small sachets; you'll produce less waste and you'll save money.

MY SHOPPING LIST

Did you know? Natural paints are distinct from synthetic paints notably because they contain flax oil, instead of polyurethanes.

Tip of the day: Choose a type of paint that comes with the European eco-label; guaranteeing both excellent quality and respect for the environment.

European Ecolabel

MY SHOPPING LIST

Did you know? Flea markets and second-hand fairs are among the favourite leisure activities for Europeans!

Tip of the day: Want to clean out the attic? Before throwing objects away, try finding out about associations that you could give them to. Some associations will come and pick up bulky items direct from your door. Also find out the dates of upcoming car boot sales, jumble sales, flea markets, etc.

MY SHOPPING LIST

Did you know? The start of a new school year always comes around too quickly and the end of the summer holidays is the time to do the shopping for school materials. The new school year is also a good time for making resolutions... This year, why not reuse those materials that are still in good condition?

Tip of the day: Check the condition of stationery and materials that are left over from the previous year, and for those items that still need to be purchased opt for materials that come with an eco-label, or those that seem durable and will withstand a few scrapes!

MY SHOPPING LIST

Did you know? On the move !

Tip of the day: When moving home, ask shop keepers if you can use their unwanted cardboard boxes. Protect fragile objects with old newspapers or wrap them in sheets.

MY SHOPPING LIST

Did you know? Around 80% of office waste is made up of paper and cardboard. Ink cartridges (for printers or photocopiers) can be refilled.

Tip of the day: Both in the office and at home, prioritise email communication, instead of fax or post. Remember to give back empty cartridges to the supply company to be refilled. As well as respecting the environment, this small-scale action generates activity and so helps to create new jobs.

MY SHOPPING LIST

LET'S ACT NOW TO REDUCE WASTE!

Through simple actions we can to lower pollution and reduce our waste production for a better planet:

1. I use reusable bags
2. I have a "No Junk Mail" sticker on my letterbox
3. I avoid food waste
4. I buy in bulk or choose the largest option
5. I buy eco-rechargeable products
6. I drink tap water
7. I cut down on printing
8. I partake in composting
9. I use rechargeable batteries
10. I donate old clothes and other items
11. I borrow or hire tools
12. I get my appliances repaired

For more information: www.ewwr.eu

EUROPEAN WEEK FOR WASTE REDUCTION

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