**Silchester Waste Diary**

**Why Reduce Waste?**

Everything that we buy has a cost – both to us and to the environment. The more that we buy, the worse the impact on the environment. Some things are worse than others, and we can make a difference by making ethical choices, but the easiest way to reduce our impact is to buy fewer things.

**Isn’t it OK as long as it gets recycled?**

No. Collecting stuff for recycling, and processing it uses energy. Some of the raw materials can be recovered and reused, but only a proportion. Even the easiest to recycle plastics deteriorate during the process and can only be recycled a few times before they have to go to landfill – where they will persist for centuries. Recycling is better than landfill, but we are not going to be able to solve the climate crisis by recycling alone.

**I’m busy and there is so much stuff. What can I realistically do?**

It’s true that there is a lot of waste, but you can make a surprising amount of difference by just changing a few things that target the biggest areas of waste in your life.

Keeping a waste diary is a simple but effective idea that can help you become more aware of the amount of food and other things that you throw away each week and the reasons behind it. By filling in two waste diaries, the second 2 weeks later, you can compare your savings.

Keeping a waste diary can also you help you save money by reducing what you throw away or buy in the first place.

How to complete the diary: For 7 days, make a mark in each of the boxes below every time you throw a piece of rubbish away, put it in the recycling, in the food caddy or compost. Ignore medical items. You are aiming to identify what you throw away so you can then reduce it and ideally cut out all items from the Black List, and as many from the Red and Amber lists as you can.

At the end of the week total up each column to see which things you throw away the most.

Write some thoughts on why you throw these things away and what you could do to reduce your rubbish. E.g., donate furniture, electrical items or clothes to charity, use a Repair Café, buy reusable or refillable bottles and plan your meals or store your food correctly.

**RED LIST**

These are the things going to **waste** that may do long term harm to our environment, so you want to try to reduce as much as possible

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Total for the Week |
| Single use plastic packaging |  |  |  |  |  |  |  |  |
| Sanitary items (nappies, sanitary towels, wet wipes) |  |  |  |  |  |  |  |  |
| Electrical Items, toys or furniture |  |  |  |  |  |  |  |  |
| Recyclable Items sent to waste (glass, tins, cans and aerosols) |  |  |  |  |  |  |  |  |
| Clothing and Textiles – used less than 3o times |  |  |  |  |  |  |  |  |

**AMBER LIST**

These are things going to recycling or past their useful life. We lose the embedded carbon, there is an environmental cost of disposal, so we need to reduce.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Total for the Week |
| Paper and Card |  |  |  |  |  |  |  |  |
| Food that could have been eaten, but has gone off or is leftover |  |  |  |  |  |  |  |  |
| Items sent for local recycling e.g. glass, tins cans and aerosols |  |  |  |  |  |  |  |  |
| Biodegradable plastic |  |  |  |  |  |  |  |  |
| Clothes and textiles used more than 30 times |  |  |  |  |  |  |  |  |

**GREEN LIST**

We would still like to reduce these (could you use home composting?)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Total for the Week |
| Eggshells, bones, fruit and veg offcuts (things that can’t be eaten) |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |