

Waste Minimisation

Our waste minimisation guide provides further information on how to reduce waste, reusing and repairing as well as recycling even more.



There are many ways in which we can reduce the amount of waste which we create. Below are some suggestions.

- Try to buy loose fruit and vegetables rather than prepacked. This will ensure that you only buy what you need and may even work out more cost effective.
- If you have children in nappies, then consider using real nappies as opposed to disposable ones. Further information about Real Nappies can be found at www.nappynetwork.org.uk
- Choose products which are refillable or rechargeable.
- Try to purchase products which has as little packaging as possible or packaging that can easily be recycled.
- Print only what you need - before you print, stop, and think do I really need to print?
- Try to buy items which are reusable.

Love Food Hate Waste

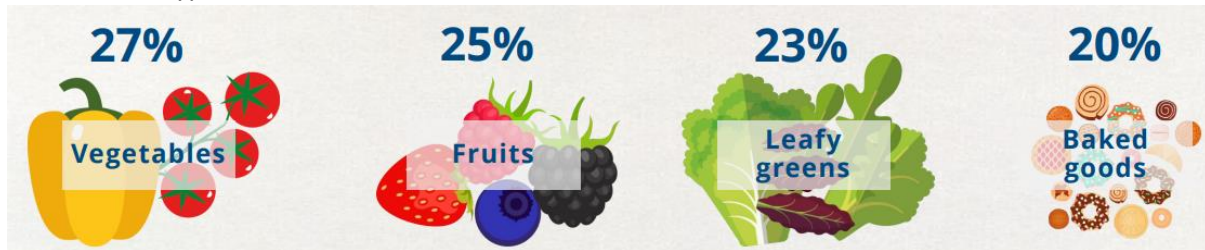


What would you do with an extra £728 every year? You certainly wouldn't put it in the bin and throw it away. Yet each month the average family throws away £60 worth of good food that was bought but not eaten. That adds up to shocking 4.5 million tonnes of good food and drink which is thrown out each year by households in the UK.

There are some simple tips and tricks to make the most of food you buy.

- Make a meal plan - many supermarkets now offer meal plans for the week.
- Make a shopping list - and stick to it! It's so easy to get carried away and add extra items into your shopping, without having a plan for what to do with them.
- Check your cupboards, fridge and freezer - take a Fridge selfie - so you can check whilst out shopping if you already have it.
- Storing food correctly - keep your fridge at the optimum temperature helps food keep for longer. The optimum temperature is around 5C.
- Use up leftovers.

Below of the types of food most wasted in the UK



There are many helpful recipes, tips and tricks available at www.lovefoodhatewaste.com

Another useful resource is Wasting Food: It's out of date - www.outofdate.org.uk

Why not take the quiz to find out if you are wasting food - <https://outofdate.org.uk/take-the-quiz/>

Junk Mail



We all still receive some - but did you know that you can reduce the amount you receive?

Reduce your junk mail received by signing up to the Mailing Preference Service and unaddressed mail from the Royal Mail.

This free service will arrange for your name and address to be removed from unsolicited mailing lists.

Mailing Preference Service contact details
<http://www.mpsonline.org.uk/>, email: mps@dma.org.uk
or write to Mailing Preference Service, DMA House, 70 Margaret Street, London, W1W 8SS. Tel. 0845 7034599.

Unaddressed mail from the Post Office, write to Royal Mail, 1st Floor, Kingsmead House, Oxpens Road, Oxford, OX1 1RX or email them at optout@royalmail.com; or view the Post Office website www.postoffice.co.uk

Real Nappies

Why not give your baby a real start and try using real washable nappies. Each day in the UK we throw away eight million nappies. Disposable nappies contain paper pulp, plastics, absorbent gel granules and chemical additives in the plastics and perfumes, carrying a high environmental cost. To help to close the loop we should be thinking about reducing, reusing, repairing and recycling. Real nappies are a great way to reduce and reuse. Real nappies are easier to use than you think and there are now lots of cool and funky styles to choose from. You can choose to buy your own real nappies and wash them at home, or you could choose a nappy laundering service.



More information about real nappies can be found here - <https://www.nappynetwork.org.uk/>



Reusing and repairing items, is better for the environment as it uses less resources. Below are some handy hints to make the most of reusing and repairing items.

- Repair clothes, household items and appliances where possible rather than replacing them with new ones. Not sure how to do this? There is lots of information on www.loveyourclothes.org from how to repair clothes, refashioning and even crafts.
- Old clothes or textiles can be made into cushion covers or a throw.
- Old or unfashionable clothes and shoes can be taken to charity shops or alternatively listed on various social media such as Facebook Marketplace, E-bay, Vinted to name a few.
- Reuse glass jars when making jam or pickles.
- Old toys can be donated to charities, sold online or even swap amongst friends and family.
- Quality unwanted furniture can be donated to charities.
- Reuse envelopes - cover up the name and address with a sticker or paper.
- Use both sides of paper or alternatively make them into a notepad or shopping list.



Solihull Repair Café



With more than 2,500 worldwide, Repair Cafes offer an ideal space in the community where broken items from around the home can be taken before ending up in the bin. Volunteers would be happy to share any practical skills or technical knowledge with visitors to the café – so even if you have nothing to repair – you are welcome to pop along for a cuppa and lend a hand with someone else’s repair job. All repairs are carried out free of charge with donations welcomed which enables the café to continue running and allows volunteers to invest in additional tools.

The Solihull Repair Café is currently located at Happy Heart Café (26 Richmond Road, B92 7RP) and takes place on the second Sunday of each month between 10am – 12:30pm (with 12pm being the last time to bring in items for repair).



For more information, join the Facebook group - if you are interested in volunteering, please email: sol.repaircafe@outlook.com

Donating furniture to charity

Community Transport

You can donate your unwanted furniture and electrical items to CT Furniture, we collect from your home free of charge, or you can call into your local store and drop them off.

Please be aware that donated items will need to comply with legal requirements, which include any upholstered furniture having fire safety labels attached and being in good condition.

- Bilston (Wolverhampton) 01902 496010 (Covering the West Midlands area).
- West Bromwich (Sandwell) 0121 520 8168.

<https://www.communitytransport.org/Pages/Category/ct-furniture-stores>

Sue Ryder

Telephone: 03330 031 883

Book a free collection to donate furniture including sofas, tables, wardrobes, beds, small electrical items and much more. They just ask the items are in a saleable condition for their shops. [Free furniture collection service | Sue Ryder](#)



Love Junk

LoveJunk is an online marketplace for the collection of bulky waste, furniture and appliances. It matches you to nearby licensed waste carriers and reuse charities and is free to use. For more information, please visit [LoveJunk](#).

Freecycle

Having a spring clear out? In the process of decorating or moving house? Not sure what to do with that old lawnmower, curtains or desk? Sure, someone would appreciate those plants you are about to thin out? Don't want to send items to the tip which are still in good usable condition?

To find out more about freecycle, please look at the main home page - <http://www.freecycle.org/> . To join the Solihull group, follow the link on this site, or by going to http://groups.freecycle.org/freecycle_solihull/posts/all.

Or you can use a new site called [Efreeko](#) which lets you 'recycle, reuse and list items for free'



Recycling is something most of us do daily. We provide a kerbside recycling and garden waste collection.

Did you know that at home you can recycle all of this in your brown bin or clear sack?

- paper, card and cardboard
- tins, cans, aerosols and clean foil
- plastic bottles, tubs, trays, yoghurt pots

The black boxes are used to recycle glass bottles and jars.

For a full list of what can and can't be recycled - check our webpage here - [What goes into my containers? | solihull.gov.uk](http://solihull.gov.uk)

Thin plastics such as bread bags, frozen food packets can now be recycled at various supermarkets.

Household batteries can also be recycled at supermarkets - find your nearest here - <https://www.recyclenow.com/recycle-an-item/batteries>

Do you have other items at home and not sure how to recycle them? Check out Recycle Now A-Z - <https://www.recyclenow.com/recycle-an-item>



Bickenhill Household Waste Recycling Centre

This facility is so much more than a tip - many items can be recycled or reused at the site, such as electrical items small and large, textiles, paint and even printer cartridges.

Before going to the site, make sure that you book an appointment. Appointments can be booked here [Bickenhill Household Waste and Recycling Centre \(tip\) | solihull.gov.uk](http://solihull.gov.uk)

	mobile phones		hardcore & rubble		spectacles		garden waste
	small appliances		soil		mixed textiles & clothes		mixed recycling
	batteries		wood & timber		cooking oil		mixed glass bottles & jars
	mixed light bulbs		scrap metal		hand tools		
	large appliances		used engine oil		paint		
	fridges & freezers		household waste		gas bottles		

Home Composting

Composting is an inexpensive, natural process that transforms your kitchen and garden waste into a valuable and nutrient rich food for your garden. It's easy to make and use.

Why Compost?

The average household bin contains 43% of organic material that could be composted. If all households were composting, it would reduce the amount of waste going to incineration and landfill.

Compost can be easily produced using kitchen and garden waste. Composting speeds up decomposition, producing a rich plant food that can be used on gardens.

How to compost at home

Kitchen waste

You can collect kitchen waste, peelings etc in a small bin or bag in your kitchen and transfer to your compost heap or bin when full.

Garden waste

Pruning's and grass cuttings can be added directly to your compost heap or bin. Tougher materials, e.g. twigs and stems need to be cut into smaller pieces.

Materials should be mixed so the compost does not become too slimy, preventing decomposition.



Do Compost:

- ✓ Vegetable and fruit peelings, eggshells
- ✓ Tea bags, coffee grounds
- ✓ Plant prunings and leaves
- ✓ Flowers and weeds
- ✓ Shredded card
- ✓ Old pure wool jumpers and other natural fabrics including hair
- ✓ Droppings and bedding from non-herbivores, e.g. rabbits, horses and birds
- ✓ Straw



Don't compost:

- ✗ Any meat, fish and dairy
- ✗ Animal droppings from carnivores
- ✗ Glossy magazines and heavily inked card
- ✗ Nappies
- ✗ Coal ash and soot
- ✗ Diseased plants
- ✗ Leftover cooked food
- ✗ Anything that would encourage rodents and pests



Composting in your garden

Your compost bin or heap needs to be located on a bare patch of earth. This enables microorganisms and worms to get into the waste to begin decomposing it.

For more information go to <https://www.solihull.gov.uk/Rubbish-and-recycling>