



GreenHome Waste Action Plan



GOOD FOR YOUR POCKET – GOOD FOR THE ENVIRONMENT. SELECT ACTIONS FROM BELOW AND TICK OFF WHEN COMPLETED!

1. CLEVER SHOPPING HABITS		We will take this action!	Time Frame	Action taken
Before buying anything, always ask yourself "Do I really need this?"				
Always write a shopping list – and stick to it!!				
Always put your reusable bags in the car when finished with them				
2. AVOID EXCESS PACKAGING				
<i>Shopping List:</i>		<i>Green Home Action</i>		
Fruit/Vegetables	Loose- avoid plastic bags, trays etc.			
Cereals	Bulk/cardboard			
Drinks	Avoid small cartons/bottles – buy in large bottles or concentrated			
Water	Avoid buying! Water quality is high in most areas. If in doubt, invest in a water filter			
Eggs	Buy in cardboard cartons			
Meat/fish	Buy at the counter (always less packaging on it)			
Dog/cat food	Dry dog/cat meal – buy in bulk			
Biscuits	Buy in cardboard packaging – avoid individually wrapped			
Sweets/Chocolate	Big bars and split (avoid fun size)			
Ketchup/Condiments	Buy in glass jars			
Microwave dinners	Cook large meals and freeze leftovers			
Butter/Cheese	Buy in bulk			
Frozen Vegetables	Buy in bulk/Buy cardboard			
Nappies	Buy Eco-Nappies that can decompose quickly			
3. AVOID THOSE DISPOSABLES!				
<i>Instead of these....</i>		<i>Try this option!</i>		
Paper kitchen towels/j-cloths	Washable tea towels/washable dishcloths			
Plastic cling wrap	Reusable containers with lids			
Razors	Replaceable blade-razors			
Paper Napkins/plates	Washable cloth napkins/washable plates			
Styrofoam cups	Washable cup			
Batteries	Rechargeable batteries			
4. STOP JUNK MAIL	Contact I.D.M.A. on 01-8304752			
5. HAVE A LEFT-OVER NIGHT	Instead of a take- away night. Look up www.leftoverchef.com for ideas!			
6. START COMPOSTING	Get rid of at least half your waste Check out www.ipcc.ie for details			
7. TRY SOME WASTE EXCHANGE!	Look up www.jumbletown.ie or www.dublinwaste.ie for ideas			
8. GROW YOUR OWN FRUIT AND VEG!	Cheap and nutritious – home grown produce cannot be beaten! Visit your local library for books on growing your own fruit and vegetables.			