

## COOL IT!

### Recycling and Reuse

**Always reuse if possible. Reuse is better than recycling.**

Here are some ideas:

Books in good condition - hand on or donate to charity shops.

Clothing in good condition – hand on, lend to a friend or donate.

Old reading glasses- donate via opticians for reuse in Third World.

Electrical items in working order – Freecycle or donate to charities which will accept them.

Computers, iPad etc. donate to charity for refurbishment & reuse.

Paint – donate (freecycle) reuse if possible.

Swap or give away surplus garden plants.

Use Freecycle, eBay or Gumtree to pass on or sell items you no longer use or need.

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### **Recycling is better than landfill**

Aluminium cans & foil uses 7% of energy for new product compared to raw material.

Glass – is melted down for new bottles saving 30% of energy.

Fabric in poor condition – recycle for industrial purposes in fabric banks.

Paper & card – recycled for use in various manufacturing processes saving 60% of energy.

Food waste – home compost is best, or kerbside caddy collection.

Electrical items (broken) specialist recycling - take to Redbridge for recycling.

### **Landfill**

Greeting cards with glitter or ribbon – *don't buy*.

Disposable face masks – *use washable ones instead*

Disposable nappies – take 500 years to degrade & emit methane gas which is 23 times worse than CO<sub>2</sub>.  
*Use washable nappies.*