

# Environmental News

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## Becoming Plastic Free

### Issue 1 - Convenience

"Why would you make something that you are going to use for a few minutes out of a material that's basically going to last forever. What's up with that?" - Jeb Berrier, BagIt movie.

### Issue 2 - Recycling...

Despite the "recycling symbol" on packaging, the worldwide average plastic recycling rate is about 14%; most is destined for landfill, incineration or litter. [www.plasticfreejuly.org](http://www.plasticfreejuly.org)

### Issue 3 - Health Impacts...

In 2013 the UN and the World Health Organisation reported that evidence linking hormone-mimicking chemicals to human health problems has grown stronger over the past decade, becoming a "global threat" that should be addressed.

### Issue 4 - The Marine Environment...

- In the ocean, sunlight and waves cause floating plastics to break into increasingly smaller particles, but they never completely disappear or bio-degrade. [www.5gyres.org](http://www.5gyres.org)
- By 2050 its estimated there will be more plastic than fish in the world's oceans.
- Scientist Dr Hideshige Takada's study shows that micro-plastics are absorbing chemicals, like pesticides from the surrounding sea water and being transferred to plastic-eating sea life.
- Mr Godoy, from Massey University notes that a floating plastic bag and a jellyfish look nearly identical, as do fish eggs and the tiny plastic resin pellets used to make plastic.

Plastic Bag Free Raglan is supported by:



## Plastic Free Ideas and Solutions...

- 1. Separate your rubbish:** You'll need at least three containers to manage your rubbish. One for recyclables, one for non recyclables and one for food scraps.
- 2. Line your bin with newspaper.** Place newspaper in the base of your bin instead of using a bag or use your council bag as the liner instead.
- 3. Learn your recyclables from your non recyclables.** Aim to have more in your recyclable bin than your non recyclable bin.
- 4. Keep your food scraps container clean.** Keep it close by so you can use it, empty it and clean it regularly.
- 5. Composting is not as scary as it sounds.** Composting can get over complicated, but it's a natural process so give your scraps some dirt and get out of the way. Try it until it works for you.
- 6. Be selective about what you buy.** If you shop to avoid plastics in products and packaging your non recyclable bin will be the least used bin in the house. Plus you'll have so many glass containers and jars you'll never need to buy storage containers again!
- 7. Bring your own bags.** Reusable fabric and natural fibre bags can be washed and re-used thousands of times.
- 8. Start a garden.** Growing your own food is rewarding and fun! Even if it's tiny food in a tiny pot, it means buying less and a use for your food scraps.
- 9. Store food leftovers in other household containers.** A glass jar, glass container, a bowl with a plate on top, a stainless steel container, a ceramic crock or even the pot it was cooked in.
- 10. Your rubbish can be cleaner and more manageable without plastic bags.** Separating your rubbish means you'll never have to clean a dirty, stinky rubbish bin again.
- 11. How do I pick up my dog's poop?** Bring last week's newspaper on your walk, re-use the grocery store produce bags or other forms of food packaging like bagel or bread bags or discarded takeaway coffee cups.

Ideas from [apartmenttherapy.com](http://apartmenttherapy.com), [treehugger.com](http://treehugger.com), [healthebay.org](http://healthebay.org) and [banthebagspdx.com](http://banthebagspdx.com)

## Xtreme Zero Waste 2nd Crate

All Whaingaroa households should now have received their 2nd teal coloured 55 litre recycling crate. These crates were provided by Waikato District Council as part of their zero waste campaign.

Please use the following system:

- Crate 1 - all of your glass bottles and jars
- Crate 2 - all plastic containers (1-7), soft plastic (bread bags, cling wrap, bubble wrap), tin and aluminium cans
- Cardboard and Paper - bagged or boxed and placed beside your crates (if they cannot fit inside)

By placing your glass in one crate and your other recyclables in the second crate it will make it safer and more efficient for the collections team. The 2 crate separation system is common in New Zealand and is now used throughout the Waikato. If you only have a few glass bottles/jars or recyclables please consider only putting out your crates every 2nd week.

Cardboard and paper need to be separated and contained either inside a cardboard box, or bagged and placed beside your crates. Our guys are finding loose cardboard and paper on the kerbside during their collections, this is not only consuming their time, but pieces of paper and cardboard are being wind swept through our streets and into our harbour.

By recycling more you will reduce your need for pre-paid bags and help our community on its goal of zero waste to landfill.



If you have any queries please don't hesitate to contact the office 07 8256509 or email [education@xtremezerowaste.org.nz](mailto:education@xtremezerowaste.org.nz)

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