

# Excess Rubbish Advice

Even with the recycling services offered some families find it difficult to reduce the amount of waste they produce. With more and more materials being added to the recycling service, the number of people struggling is getting smaller. There are always things you can do to reduce the waste in the black bin, and below are a few tips.

## Get The Most Out of the Recycling Service.

It sounds obvious but it's worth checking that all of the materials we can collect are being separated into the containers provided - see list. We can always provide extra recycling containers if you need them, just give us a ring, or email and we will deliver them out in 7-10 working days.

## Recycling Beverage cartons?

These are very common in most households. Residents often do not realize beverage Cartons can be recycled, but they can, and by recycling these extra items you will find the amount of waste in your bin, drop. There are 5 sites in NWLeics where you can recycle them, Morrison's (Coalville), Tesco (Ashby), Co-op (Castle Donington & Ibstock) and Hermitage Leisure Centre (Whitwick).

## Home Composting & Food Waste Digesters

Home composting is an ideal way to remove vegetable peelings, fruit, tea bags, shredded paper and cardboard from your bin. Bins are provided at a discounted cost with information on how to get started. You will of course also have the benefit of making your own compost. Food waste digesters are also available at reduced rates, these have the benefit of digesting cooked food as well as peelings. Hundreds of NWL residents have bought green cones and found the amount of food waste in the bin has reduced significantly.

## Food Waste Disposal Units

If you have any non-compostable food waste why not fit a kitchen food waste disposal unit to your kitchen sink. The food waste is ground into tiny particles and is carried off with your waste water to be treated and recycled into bio gas and liquid fertiliser.

## Nappies



We recommend the use of real nappies and can provide advice on the types available and where to get hold of them. Leicestershire County Council also runs a £30 cash back scheme on initial purchases or on laundry services. For families with babies' real nappies can be a big help in reducing waste. They are also a lot easier to use these days, can be used alongside disposables and come in lots of fun designs.

### **Get Rid of the Air**

Bags of rubbish usually also contain trapped air. Removing this air before the bags are put in the bin can make a big difference to their size. It sounds obvious, but a lot of people leave squashing down bags until the bin is already full. This only squashes air out of the top bag or bags in the bin. Squashing each bag before it goes in the bin will make a much bigger difference.

### **Use All the Space**

When it comes to getting as much in your bin as possible the rule is - the smaller the bags you use the better. Larger black bin bags quickly fill up the bin leaving lots of gaps in between them. Smaller bags fill all the spaces in the bin and compress much better. Even using a mixture of black bags and carrier bags will help fit more in.

### **Additional info & Links:**

For offers on compost bins & food waste digesters [click here](#)

For more on food waste disposers please visit [www.sinkyourwaste.com](http://www.sinkyourwaste.com)

[www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)

[www.recyclenow.com](http://www.recyclenow.com)