



# WASTE LESS, SAVE MORE

TIPS TO REDUCE YOUR  
WASTE AND SAVE  
MONEY

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# HOW TO REDUCE FOOD WASTE

THE AVERAGE UK HOUSEHOLD COULD SAVE £720 PER YEAR BY REDUCING THEIR FOOD WASTE!

## LOVE YOUR LEFTOVERS

- **GET CREATIVE** - LEFTOVER FOOD CAN BE USED TO MAKE TASTY NEW MEALS. VISIT [HANTS.GOV.UK/WASTE AND RECYCLING/SMARTLIVING](https://www.hants.gov.uk/waste-and-recycling/smartliving) FOR RECIPE IDEAS.
- **BATCH COOK** - PLAN TO COOK MORE THAN YOU NEED AND EAT THE LEFTOVERS FOR LUNCH OR FREEZE THEM FOR A QUICK AND TASTY DINNER LATER IN THE WEEK.

## FREEZE FOOD

THE FREEZER IS A GREAT WAY TO STORE FOOD TO USE AT A LATER DATE AND PREVENT WASTE. A WHOLE RANGE OF FOOD ITEMS CAN BE FROZEN. EVEN THINGS YOU WOULDN'T THINK LIKE DAIRY PRODUCTS AND RICE! SCAN THE QR CODE FOR AN A-Z GUIDE.



## FOOD STORAGE

STORING YOUR FOOD IN THE CORRECT PLACE CAN HELP IT LAST LONGER!

DID YOU KNOW ALL FRUIT SHOULD BE STORED IN THE FRIDGE? (EXCEPT BANANAS AND UNCUT PINEAPPLES)

VISIT [LOVEFOODHATEWASTE.COM](https://www.lovefoodhatewaste.com) FOR AN A-Z GUIDE OF HOW TO STORE FOODS.

**CHECK YOUR FRIDGE TEMPERATURE!**- IT SHOULD BE LESS THAN 5 DEGREES.



## MEAL PLANNING

MEAL PLANNING CAN HELP SAVE MONEY AND REDUCE WASTE!

**BEFORE YOU GO SHOPPING:**

- CHECK WHAT'S IN YOUR CUPBOARD. TAKE A PICTURE OR A 'SHELFIE' TO LOOK AT IN THE SHOPS
- THINK ABOUT WHO YOU'RE FEEDING AND WHAT YOUR PLANS FOR THE WEEK ARE.
- PLAN A FEW ITEMS THAT CAN GO WITH LEFTOVERS TO MAKE EXTRA MEALS.
- **MAKE A LIST AND STICK TO IT!**

# TIPS FOR THE KITCHEN

## ENERGY SAVING TIPS

- **ONLY BOIL THE WATER YOU NEED** - ONLY FILL THE KETTLE AND SAUCEPANS WITH THE AMOUNT OF WATER YOU NEED. OVERFILLING CAN WASTE ELECTRICITY AND COST MONEY.
- **USE SMALLER PANS** - USING THE RIGHT SIZED PAN FOR YOUR MEAL SAVES ENERGY AND MONEY. THE SMALLER THE PAN THE LESS ENERGY IS NEEDED TO HEAT IT.
- **KEEP THE LIDS ON PANS** - THIS WILL HEAT THE PAN QUICKER AND USE LESS ENERGY.
- **FILL YOUR DISHWASHER** - MAKE SURE YOUR DISHWASHER IS FULL BEFORE YOU RUN IT TO MAKE SURE IT'S RUNNING EFFICIENTLY AND NOT WASTING ENERGY. ITS A GOOD IDEA TO SEE IF YOUR DISHWASHER HAS AN ECO MODE TOO.



## RESOURCES & APPS

**TOO GOOD TO GO** - COLLECT FOOD THAT WOULD OTHERWISE BE THROWN AWAY FROM BUSINESSES AND RESTAURANTS AT A VERY REDUCED PRICE!

**KITCHE** - KEEP TRACK OF THE FOOD IN YOUR CUPBOARD WITH THIS TRACKER APP THAT ALSO HAS RECIPE IDEAS.

**HAMPSHIRE KITCHEN HEROES** - SAVE MONEY AND THE PLANET WITH INCENTIVES AND REWARDS FOR REDUCING HOUSEHOLD FOOD WASTE!

## REDUCE YOUR PLASTIC

- RE-USE OLD PLASTIC TAKEAWAY CONTAINERS OR JARS AS FOOD STORAGE.
- BUY CLEANING PRODUCTS IN BULK.
- RE-USE SHOPPING BAGS.
- COVER FOOD IN BOWLS WITH PLATES INSTEAD OF CLING FILM.
- USE RE-USABLE WATER BOTTLES.

FIND MORE TIPS BY  
SCANNING THE QR CODE



# TIPS FOR THE BATHROOM

## HOW TO MAKE THE MOST OF YOUR PRODUCTS:

- CUT THE END OFF TOOTHPASTE TUBES, SHOWER GEL, FACEWASH AND OTHER PRODUCTS TO GET THE LAST BITS OUT.
- USE A FOOD CLIP AS A DIY TUBE SQUEEZER. JUST ATTACH TO THE TUBE AND SQUEEZE IT UPWARDS TOWARDS THE LID.



## CLEANING TIPS:

- SAVE OLD TOOTHBRUSHES TO USE AS CLEANING TOOLS.
- MAKE YOUR OWN CLEANING PRODUCTS. THEY'RE GOOD FOR THE ENVIRONMENT AND CHEAPER THAN SHOP BOUGHT ONES - FIND A STEP BY STEP GUIDE BY SCANNING THE QR CODE



## RE-FILL AND RE-USE!

- BUYING RE-FILLABLE SHOWER GEL, BUBBLE BATH AND OTHER TOILETRIES NOT ONLY HELPS REDUCE YOUR PLASTIC CONSUMPTION BUT CAN SAVE YOU MONEY TOO. USE A BOTTLE OR JAR YOU ALREADY HAVE AND BUY LARGER (AND OFTEN CHEAPER) SIZES OF PRODUCTS TO DECANT AND REFILL.
- SWAPPING LIQUID PRODUCTS SUCH AS SHOWER GEL AND SHAMPOO FOR SOLID BAR ALTERNATIVES IS ANOTHER GREAT WAY TO REDUCE PLASTIC AND THERE ARE LOTS OF AFFORDABLE HIGH STREET OPTIONS TO CHOOSE FROM TOO!

## HOW TO SAVE WATER

- REDUCING YOUR SHOWERS TO **4 MINUTES** CAN SAVE THE AVERAGE UK FAMILY £95 PER YEAR!
- SWAP BATHS FOR SHOWERS - THIS CAN SAVE £20 PER YEAR!
- MAKE SURE YOU TURN TAPS OFF WHEN YOU'RE NOT USING THEM AND GET ANY LEAKS OR DRIPS FIXED TO PREVENT USING WATER WITHOUT REALISING.

# TIPS FOR THE REST OF THE HOUSE

## ENERGY SAVING TIPS



- **TURN APPLIANCES OFF STANDBY** - SWITCHING APPLIANCES OFF COMPLETELY RATHER THAN LEAVING ON STANDBY COULD SAVE THE AVERAGE UK HOUSEHOLD £147 PER YEAR. SOME OF THE BIGGEST ENERGY USERS INCLUDE TVS, DISHWASHERS, TUMBLER DRYERS, WASHING MACHINES AND GAME CONSOLES.
- **TURN THE LIGHTS OFF** - TURNING THE LIGHTS OFF WHEN YOU LEAVE A ROOM COULD SAVE YOU £25 A YEAR.
- **BLEED YOUR RADIATORS** - TRAPPED AIR CAN MAKE RADIATORS WARM UP SLOWER AND RUN LESS EFFICIENTLY. FIND A GUIDE ON HOW TO BLEED YOUR RADIATOR YOURSELF AT [SSE.CO.UK/HELP/HOME-SERVICES/BLEEDING-A-RADIATOR](https://www.sse.co.uk/help/home-services/bleeding-a-radiator).

## HELP

FROM THE WARM SPACES SCHEME TO GOVERNMENT PROGRAMMES THERE IS HELP AVAILABLE.

THE HITTING THE COLD SPOTS TEAM CAN OFFER ADVICE AND HELP ON HEATING A COLD HOME.



## KEEPING WARM

- **DRAUGHT PROOF YOUR HOME** - KEEPING DRAUGHTS OUT OF YOUR HOME CAN HELP IT FEEL AND STAY WARMER. THERE ARE LOTS OF EASY AND CHEAP WAYS TO REDUCE DRAFTS. FIND A GUIDE AT [WWW.ENERGYSAVINGTRUST.ORG.UK/ADVICE/DRAUGHT-PROOFING](https://www.energysavingtrust.org.uk/advice/draught-proofing).
- **DON'T HEAT EMPTY ROOMS** - TURN RADIATORS OFF IN ROOMS YOU'RE NOT USING TO KEEP COSTS DOWN.
- **HEAT PEOPLE NOT THE ROOM** - KEEPING YOURSELF WARM RATHER THAN HEATING YOUR WHOLE HOUSE CAN SAVE MONEY. THERMAL CLOTHING, THICK SOCKS, LAYERS AND HOT WATER BOTTLES ARE ALL WAYS TO HELP YOU KEEP WARM THIS WINTER.

# TIPS FOR FAMILIES



## REUSABLE NAPPIES

THE UPFRONT COST OF A REUSABLE NAPPY KIT MAY SEEM HIGH. REUSABLE NAPPIES HOWEVER CAN WORK OUT CHEAPER THAN DISPOSABLES OVER THE AVERAGE NAPPY WEARING PERIOD:

· SOME BRANDS OF DISPOSABLE NAPPIES CAN BE AS CHEAP AS 15P PER NAPPY, COMING TO A TOTAL COST OF £600 (BASED ON 4000 NAPPIES OVER 2.5 YEARS).

· A STANDARD REUSABLE NAPPY KIT (CONSISTING OF 15 NAPPIES, LINERS, WET AND DRY BAGS AND A NAPPY BUCKET) CAN COST £115.

HAMPSHIRE COUNTY COUNCIL TOGETHER WITH SOUTHAMPTON AND PORTSMOUTH CITY COUNCILS HAS PARTNERED WITH A NUMBER OF SUPPLIERS TO OFFER A 15% DISCOUNT.



SCAN FOR MORE INFORMATION!

## WARM SPACES SCHEME

HAMPSHIRE'S LIBRARIES ARE TAKING PART IN THE WARM SPACES SCHEME WHICH OFFERS WARM AND SAFE SPACES TO THOSE STRUGGLING TO HEAT THEIR HOMES. LOTS OFFER CHILDREN'S ACTIVITIES TOO

## CLOTHES

CLOTHING CAN BE A LARGE EXPENSE FOR FAMILIES, ESPECIALLY AS CHILDREN GROW. FIND TIPS BELOW ON HOW TO SAVE MONEY ON CLOTHES:

### BORROW

BORROWING CLOTHES IS AN EASY AND FREE WAY TO GET SOME NEW CLOTHES WITHOUT HARMING YOUR BANK BALANCE OR THE ENVIRONMENT. SWAP EVENTS ARE A GREAT PLACE TO TAKE UNWANTED CLOTHES AND GETTING NEW ONES. YOU COULD EVEN TRY ORGANISING YOUR OWN WITH FRIENDS!

### BUY

SHOP SECOND HAND - CHARITY SHOPS AND ONLINE PLATFORMS LIKE DEPOP OR VINTED ARE GOOD OPTIONS FOR LESS EXPENSIVE CLOTHING FOR THE WHOLE FAMILY.

### SELL

SELLING ITEMS AS YOUR CHILDREN OUTGROW THEM IS A GREAT WAY TO MAKE SOME EXTRA MONEY. ONLINE PLATFORMS LIKE VINTED AND DEPOP ARE GREAT FOR THIS AND EASY TO USE!

# RE-USE AND REPAIR



## RE-USE

### UPCYCLE

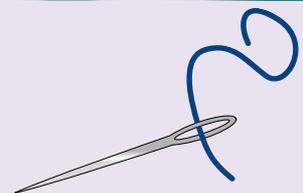
UPCYCLING IS AN EXCELLENT WAY TO SAVE MONEY BY REPURPOSING ITEMS YOU ALREADY HAVE AROUND THE HOUSE! FROM TURNING OLD CLOTHES INTO NEW OUTFITS TO GIVING BROKEN FURNITURE A SECOND LEASE OF LIFE THERE ARE LOTS OF WAYS TO UPCYCLE EVERYDAY ITEMS INSTEAD OF THROWING THEM AWAY. YOUTUBE AND PINTEREST ARE GREAT PLACES TO FIND STEP BY STEP GUIDES AND KICKSTART YOUR UPCYCLING JOURNEY!

### PRE-LOVED

GIVING PRE-LOVED ITEMS A NEW HOME IS A GOOD WAY TO STRETCH YOUR BUDGET AND REDUCE WASTE. ANYTHING FROM FURNITURE TO CLOTHES CAN BE BOUGHT, OFTEN MUCH CHEAPER, FROM A RANGE OF PLACES INCLUDING:

- LOCAL CHARITY SHOPS
- ONLINE PLATFORMS E.G. FREEGLE, GUMTREE, VINTED & FACEBOOK MARKET PLACE
- CARBOOT SALES

## REPAIR



REPAIRING AN ITEM IS A GOOD WAY TO EXTEND ITS LIFE AND SAVE BUYING A REPLACEMENT! ANYTHING FROM CLOTHES TO ELECTRICAL ITEMS CAN BE REPAIRED.

### REPAIR ON YOUR OWN

**IFIXIT.COM** OFFERS FREE REPAIR GUIDES FOR LOTS OF HOUSEHOLD ITEMS

**YOUTUBE** IS A GREAT RESOURCE FOR STEP-BY-STEP VIDEO TUTORIALS

### REPAIR CAFES

- REPAIR CAFES ARE
- COMMUNITY EVENTS WHERE
- VOLUNTEERS REPAIR ITEMS
- FOR A SMALL DONATION.
- SCAN THE QR CODE TO FIND
- YOUR LOCAL REPAIR CAFE



# RESOURCES IN YOUR AREA



## RE-USE AND REPAIR IN TEST VALLEY

THE UGLY DUCKLING PROJECT, ANDOVER UPCYCLES UNWANTED FURNITURE



MEN'S SHED - MEN'S SHEDS ARE KITTED OUT COMMUNITY SPACES WHERE MEN CAN ENJOY PRACTICAL HOBBIES, INCLUDING RE-USING UNWANTED MATERIALS TO MAKE NEW ITEMS. THERE ARE SEVERAL GROUPS IN THE AREA. FIND OUT MORE HERE

A.C.E ANDOVER CLOTHING AND BABY BANK



FIND ZERO WASTE SHOPS IN TEST VALLEY HERE

THE BRITISH HEART FOUNDATION HAS A GREAT RANGE OF QUALITY PRELOVED FURNITURE, ELECTRICALS AND HOMEWARES FROM SOFAS, TABLES, BEDS AND WARDROBES TO TVS AND HOME APPLIANCES.

## OTHER HELPFUL LINKS

THE MONEYSAVINGSEXPERT WEBSITE HAS A VARIETY OF USEFUL HACKS TO SAVE MONEY BY REDUCING WASTE.



## WASTE AND RECYCLING IN TEST VALLEY

FOR INFORMATION ABOUT THE COLLECTION OF RECYCLING, GENERAL WASTE, GARDEN WASTE AND BULKY WASTE IN THE BOROUGH, PLEASE SEE TEST VALLEY BOROUGH COUNCIL'S WEBSITE



THIS LEAFLET WAS PRODUCED BY