



## KITCHEN WASTE

In the average household, the kitchen is the most wasteful area. Food and packaging waste and oils and chemicals are produced daily, ending up in our garbage bins. All of these wastes pose a threat to our environment and ultimately our communities if not disposed of correctly. Producing waste also leads to an overuse of natural resources and an increasing need to find more landfill space.

Food and packaging waste currently makes up about 80% of the waste that goes into our bins ending up in landfill. However, kitchen waste is simple to drastically reduce by being aware of the choices you make when shopping. You can also reduce your kitchen waste by carefully

disposing of this waste not only through your garbage bin. Food waste can be put into a compost bin or worm farm and turned into natural fertiliser for your garden. Recycling your packaging materials like steel and aluminium cans, glass bottles, cardboard boxes, and some plastic bottles means your packaging will be given new life and turned into other useful items.

By being aware of your purchases and the important role home waste management plays in reducing waste, you will find that the 'waste' coming from your kitchen decreases.

### WHAT CAN I DO?

- Reduce food waste by cooking only what is required and reusing leftovers. Compost your fruit and vegetable scraps either in a compost heap or worm farm.
- Buy in bulk and store food in reusable containers to reduce packaging waste.
- Reuse plastic containers and jars for storing leftovers, grains, spices, etc. They can also be used as lunchboxes.
- Recycle as much as possible, being careful to avoid contamination. Check what is collected in your area at [www.recyclingnearyou.com](http://www.recyclingnearyou.com) or by asking at your local council.
- Support businesses that make products and packaging with recycled content. Listings of responsible businesses are available at [www.brba.com.au](http://www.brba.com.au)
- Tips for further reducing kitchen waste is available at [www.southernwaste.com.au/materials/foodwaste.html](http://www.southernwaste.com.au/materials/foodwaste.html)
- Check out the other fact sheets on Bulk Buying, Food Waste, Recycling, the three R's and Packaging for more helpful information

### MORE INFORMATION

- [www.greenhouse.gov.au](http://www.greenhouse.gov.au) - how kitchen waste affects greenhouse gas emissions.
- [www.mec.org.au/quiz/kitchen.html](http://www.mec.org.au/quiz/kitchen.html) - quiz yourself on the how environmentally friendly your kitchen is.
- [www.gardening.wsu.edu/stewardship/compost/compost.html](http://www.gardening.wsu.edu/stewardship/compost/compost.html) - kitchen waste composting.