



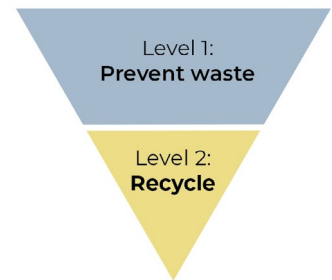
# Cheat sheet



Huge amounts of waste are being generated every day on university campuses and they continue to be poorly segregated.

**Together, we can reduce our environmental impact** by working down the waste hierarchy – first preventing waste, and then recycling any remaining waste properly.

## The Waste Hierarchy



## Preventing waste

The most important action that we can take to reduce our waste impact is to not produce waste in the first place.

↳ **Here are a few tips you can learn to prevent waste:**



**On campus**, bring a reusable coffee cup, a reusable water bottle, and a lunch box/ reusable food container with you.



**When grocery shopping**, (i) use a reusable shopping bag, (ii) plan and buy only what you need, and (iii) choose products with minimal packaging or recyclable packaging (make sure to avoid plastic packaging).



**At home**, (i) prepare smaller portions, cover leftovers properly, and freeze excess food, (ii) eat food that is approaching the 'use-by' date asap or store it in the freezer, (iii) share basic goods (e.g., milk, butter, oil, soap) with flatmates, and (iv) collect or donate unwanted household items or non-perishable foods.

## Recycling waste

Now that you know how to prevent waste, let's review how to recycle as best as possible.

### Reducing waste contamination:



To recycle properly, it is important to reduce waste contamination. Recyclables often get contaminated by food residues and mixed with non-recyclables. Once contaminated, they can no longer be recycled. Even if only a handful of people do not sort their waste correctly, the whole recycling bin will be contaminated and can no longer be recycled!

To avoid contaminating recycling bins, give dirty recyclable packaging a rinse, leave them to drip dry, and take different materials apart before placing them loosely in the recycling bin. Remember, **clean, dry and loose!**

## Understanding recycling labels:

↳ Navigating recycling labels can feel like a maze... keep an eye out for the following packaging labels!



**Widely recycled**  
This item can be placed in the recycling bin.



**Check MyWaste.ie**  
Parts of the packaging may be recyclable while others may not be.

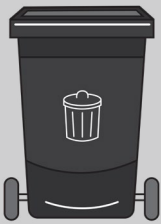


**Not yet recycled**  
Place it in the general waste bin!

## Sorting waste correctly

↳ Placing waste in the correct bins can be tricky sometimes. Here's some help!

### General waste bin



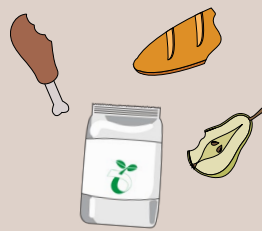
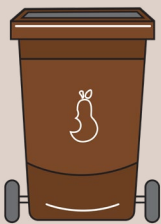
- All composite packaging
- Any items you are not sure where they should go

### Recycling bin



- All plastics, including soft plastics (e.g., bread wrappers, pasta bags, toilet outer wrap) and rigid plastics (e.g., water bottles, biscuit trays, shampoo bottles)
- Paper and cardboard
- Tins, cans and aluminium trays

### Food waste bin



- All packaging certified as compostable
- Plate scrapings and table scraps
- Spoiled food (with packaging removed)
- Coffee grounds, filters & tea bags
- Soiled kitchen towels

### Glass waste bin



- All clear glass, green glass and brown glass bottles and jars

Want to learn more about waste prevention and recycling? Check these out!

- [A-Z Waste Management Guide](#)
- [How to reduce food waste](#)
- [EPA-IUA Campus Living Labs Project](#)