

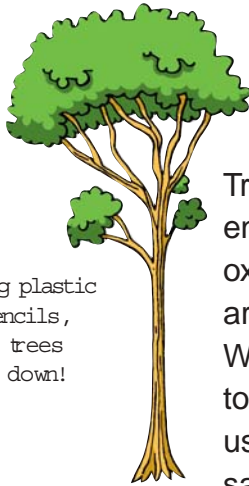
Solutions to rubbish

Much of the waste we throw away each year is food. Vegetable peelings, egg shells and tea bags can be made into garden compost. Compost is good for the soil helping plants to grow. You can buy worm bins which rot down rubbish, making a compost that's good for house plants.



It's a fact:

If we compost all our food waste, our bin would be slimmer by a third



It's a fact:

An inventor is making plastic vending cups into pencils, saving thousands of trees from being chopped down!

Trees are good for the environment. They produce oxygen to help us breathe and are home for many animals. We chop down millions of trees to make paper. Buying and using recycled paper helps to save trees.

biteback...
Youth and Education Programme

Friends of the Earth's Youth and Education Programme provides a range of publications exploring sustainable development, citizenship and environmental issues, designed to be used within a class, youth groups or by individual young people.

Why not read other leaflets in the Mad about... series?
For details telephone 020 7490 1555 or write to:
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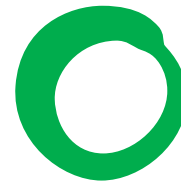
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Friends of the Earth inspires solutions to environmental problems, which make life better for people

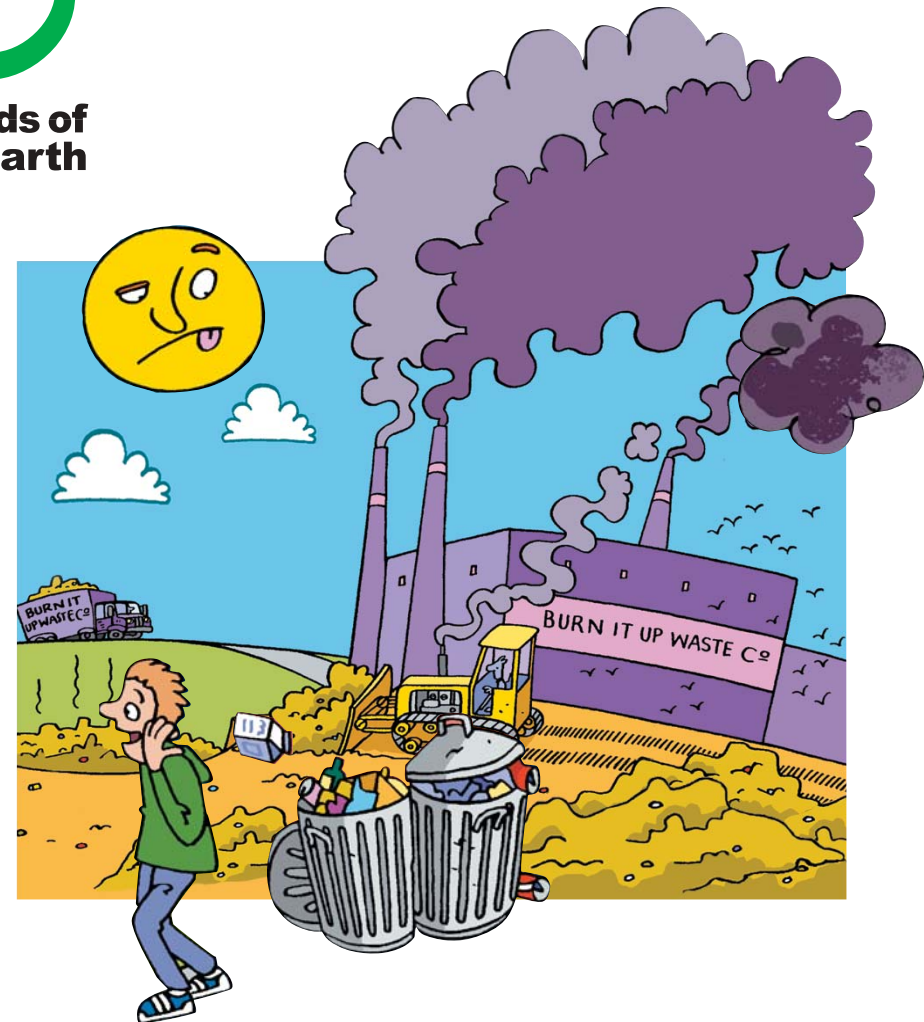
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Mad about... waste and recycling



**Friends of
the Earth**



Are you worried about waste?

All the rubbish we throw out doesn't disappear. Often it's buried or burnt which causes problems for wildlife, the environment and you

Raw materials

All man-made objects use raw materials. Metals are mined from the ground to make all sorts of things from cars to drinks cans. Trees are cut down to make paper and cardboard. Collecting raw materials can damage the environment making it hard for plants and animals to survive.

Energy

Turning raw materials into new things takes lots of energy. Factories burn coal and oil for energy, which releases carbon dioxide (CO₂) into the air. CO₂ traps the sun's heat and makes the earth's temperature rise. It also changes the world's climate, causing more life-threatening floods, storms and droughts across the globe. Reusing products will cut the amount of energy needed to make new things and help create less waste.



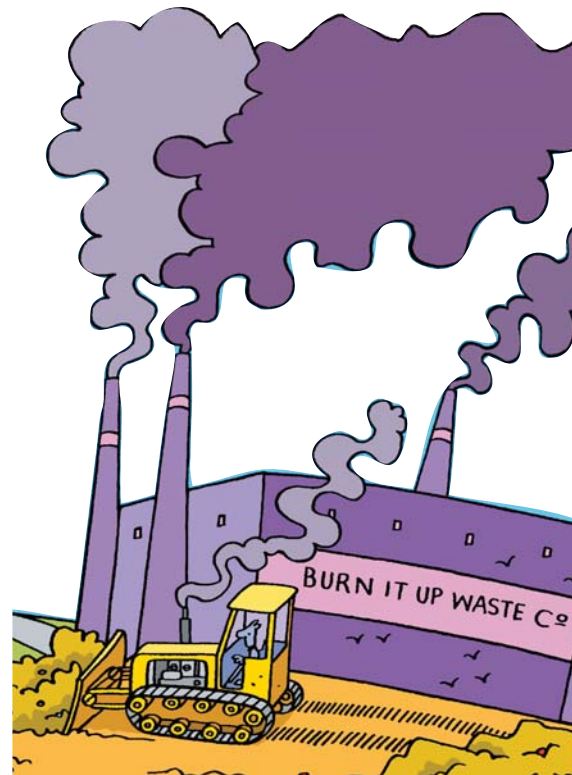
It's a fact:

The average person in the UK throws out their own body weight in rubbish every three months



Waste

Rubbish is buried underground in landfill sites. When the rubbish rots down, harmful liquids can leak out and pollute rivers and the places where we get our drinking water from. Some waste is burnt in incinerators. This produces ash and gases which can harm people's health and the environment.



Help stop the waste

At home

- Recycle and re-use glass bottles, paper, cans and other goods as much as you can.
- Only buy the things you really need. Or share with friends, use libraries and hire shops for books, videos and computer games, rather than buy your own.
- When shopping, ask your parents not to buy over-packaged goods.

At school

- Ask your school to buy recycled paper and notebooks. This will help save the world's natural forests.
- Ask your school to start a recycling scheme. This will help save raw materials and will reduce the need for landfill sites.
- Try to re-use as many things as you can. At school empty jars and boxes can be painted to make containers for equipment.



Mad about... waste & recycling

Friends of the Earth

Wildlife has been recycling for years!

Using recycled paper helps protect the environment.

Rotting rubbish buried underground can pollute drinking water.

Compost from vegetable peelings is great for plants and soil!

Many things we throw out could be reused or recycled, saving raw materials and energy.

Making new products uses lots of energy and can cause pollution.

The milk bottle is fantastic. It can be used again and again!

