

- **'Shop Smart'**, and buy products with less packaging. For example you can go to the supermarket and buy vegetables and fruit loose which is often cheaper . Buy a refill for things like washing powder, liquid softener and beauty products
- **Avoid** disposable items such as nappies and carrier bags. Buy and use new generation washable nappies, and use the heavy duty reusable carrier bags issued by most supermarkets
- Try to buy products in **reusable packaging**, e.g. yoghurt cartons make ideal seed pots
- Where possible buy products made from **recycled materials**, such as writing paper and facial tissues
- Keep equipment and tools well serviced to give them a **longer life** and repair what you can instead of throwing it out
- **Compost** your kitchen and garden waste
- Take old clothes, books and shoes to a charity shop, clothing bank or a jumble sale
- **Reuse** paper that is printed only on one side as a scrap pad
- Take any old/unwanted electrical items to your nearest household waste recycling centre, details can be found using the link to the left of the page
- Use the mailing preference service to remove your name from mailing lists and **stop junk mail**. Write to MPS, Freepost 22, London, W1E 7EZ, or call 0845 7034599, or if you're on the Internet [www.mpsonline.org.uk](http://www.mpsonline.org.uk)
- Use old T-shirts or sheets as rags or polishing cloths