

REDUCE

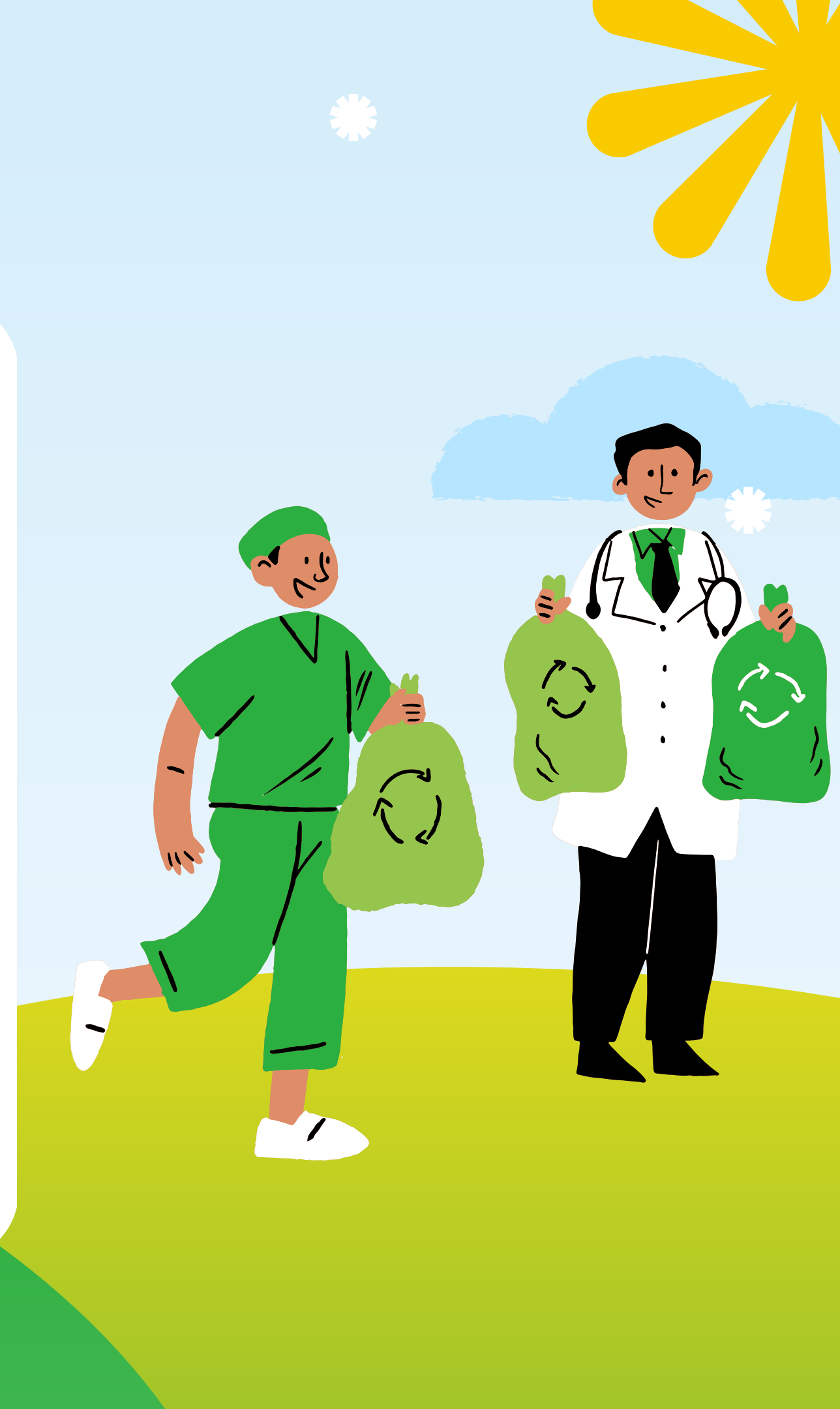
YOUR

WASTE



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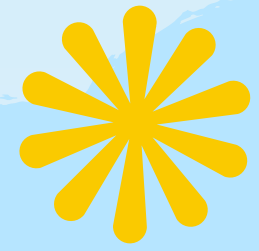
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# Introduction

Every year, the world produces more than 2 billion tonnes of solid waste. Much of it is avoidable, created by habits of overconsumption and single-use culture. Individuals play a vital role in reducing this burden. By changing how we shop, eat, and dispose of materials, we can significantly cut the waste that harms our planet and communities.



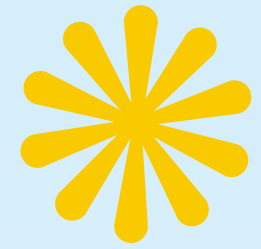


# What Does Waste Reduction Mean?

Reducing waste does not just mean recycling. It means creating less waste in the first place by making thoughtful choices: buying only what we need, reusing products, repairing instead of discarding, and finding alternatives to single-use items. Waste reduction is about shifting from a throwaway lifestyle to a mindful, sustainable one.



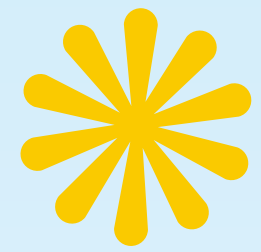




# Why Reducing Waste Matters

Reducing waste is not only about keeping our homes clean, it is also about protecting the environment and using resources wisely. When waste is not managed properly, it pollutes air, soil, and water, threatening both human health and natural ecosystems.



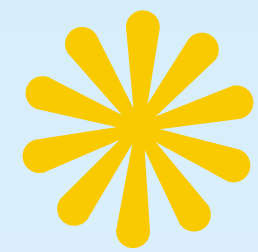


# Why Reducing Waste Matters

Landfills release methane, a powerful greenhouse gas that worsens climate change. Plastic waste ends up in oceans, harming marine life and entering our food chain. By cutting the amount of waste we produce, we save resources, reduce pollution, and create a healthier future for all.







# Reduce - tips

The best way to manage waste is to prevent it in the first place. By buying only what we need and opting for minimal packaging, we reduce unnecessary waste and conserve resources.



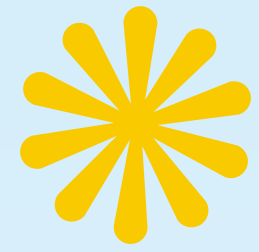
Buy only the essentials.



Choose products with less packaging or with recycled packaging.



Go digital when possible to reduce paper waste.



# Common types of Personal Waste

The waste we create in our daily lives often falls into a few main categories. Understanding these types of personal waste helps us see where simple changes can make the biggest difference.



Food waste: uneaten meals, spoiled groceries, oversized portions



Plastic waste: bags, bottles, straws, and packaging.





# Common types of Personal Waste



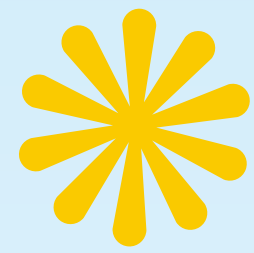
Textile waste: fast fashion items discarded after little use.



E-waste: outdated phones, chargers, and gadgets.

Recognizing these common forms of waste is the first step in tackling their impact, this is why reducing waste matters.





# Reducing Food Waste

Food waste is one of the largest forms of personal waste. Globally, about one-third of all food produced is never eaten. At home, this often comes from buying too much, storing food poorly, or throwing away leftovers.

Individuals can help by:



Planning meals and shopping with a list.



Storing food correctly to extend freshness.



Using leftovers creatively instead of throwing them away.





Individuals can help by:



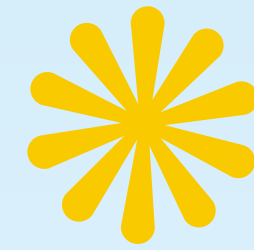
Compost organic scraps to reduce landfill waste.



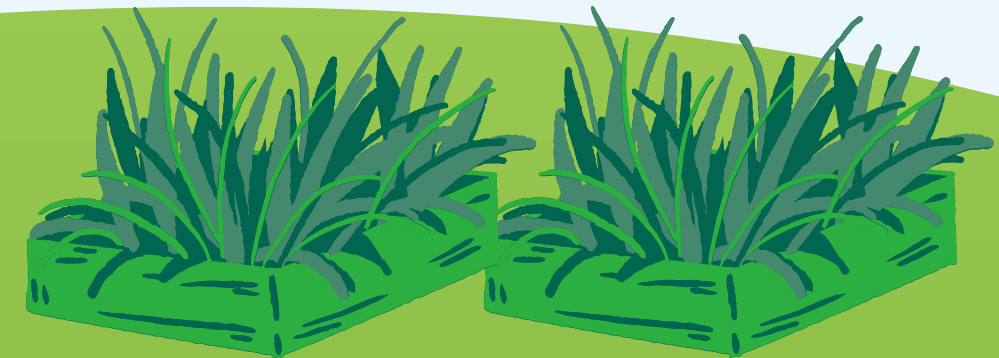



Check expiration dates and prioritize food that is close to spoiling.



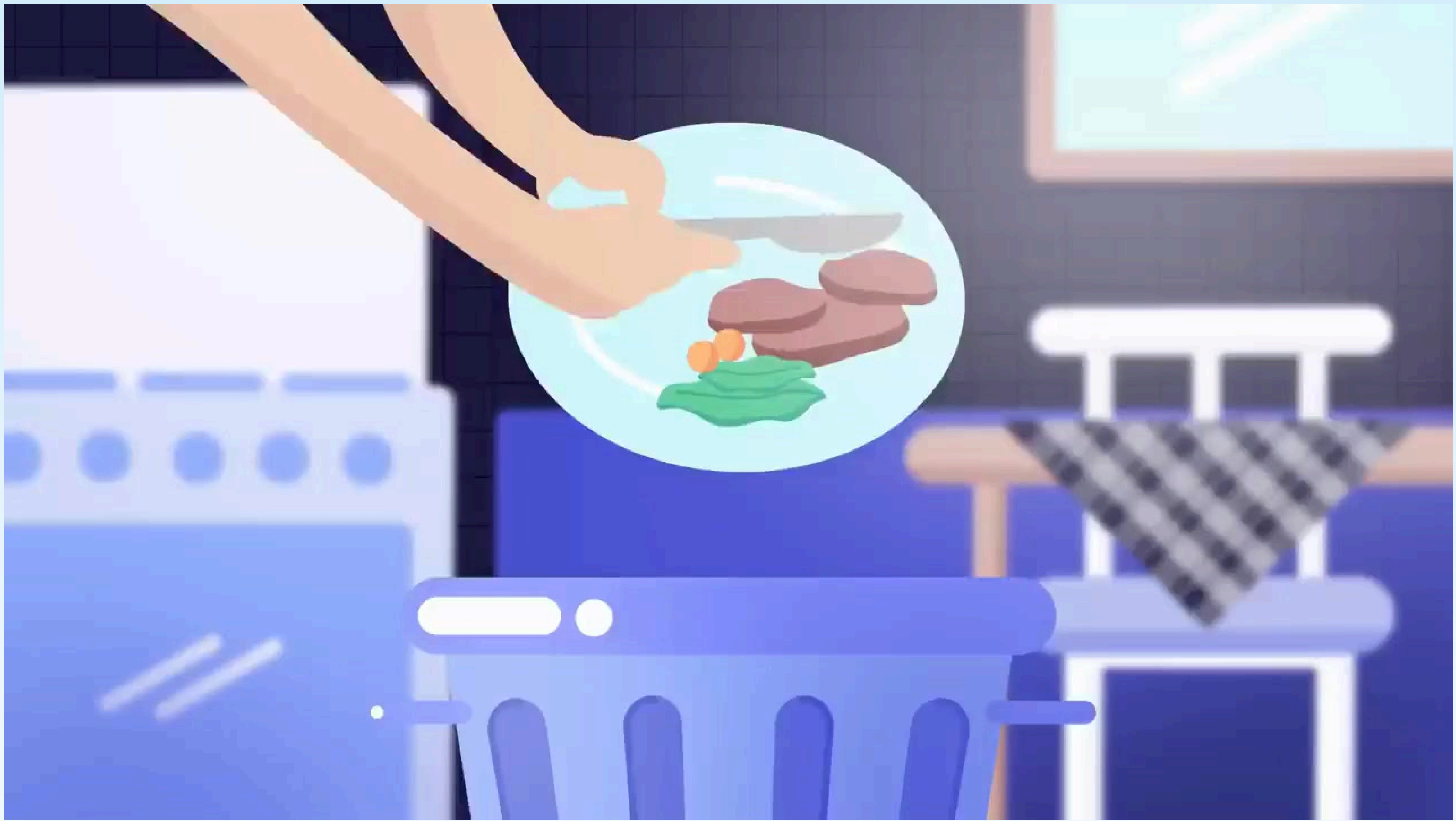
Support food-sharing apps or donate surplus food to local charities.

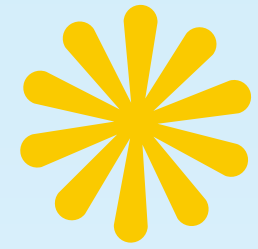


## Reducing Food Waste



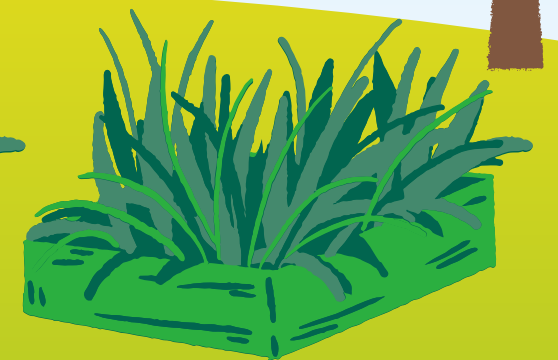
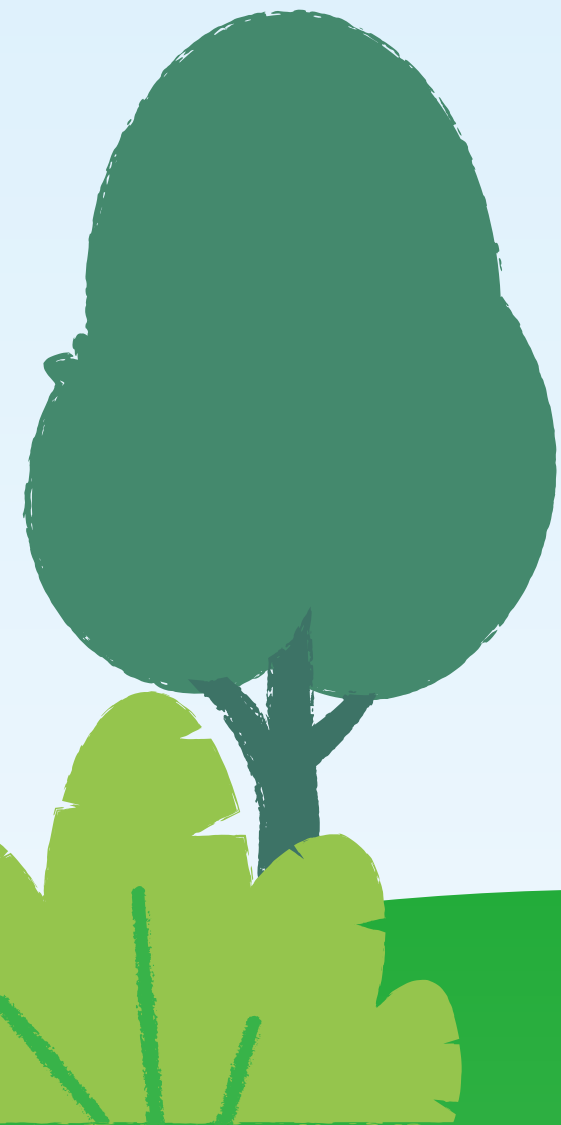
Leftovers can be transformed into new meals instead of being discarded. Finally, composting fruit and vegetable scraps returns nutrients to the soil instead of sending them to landfills. These actions cut greenhouse gas emissions and respect the resources used to produce food.



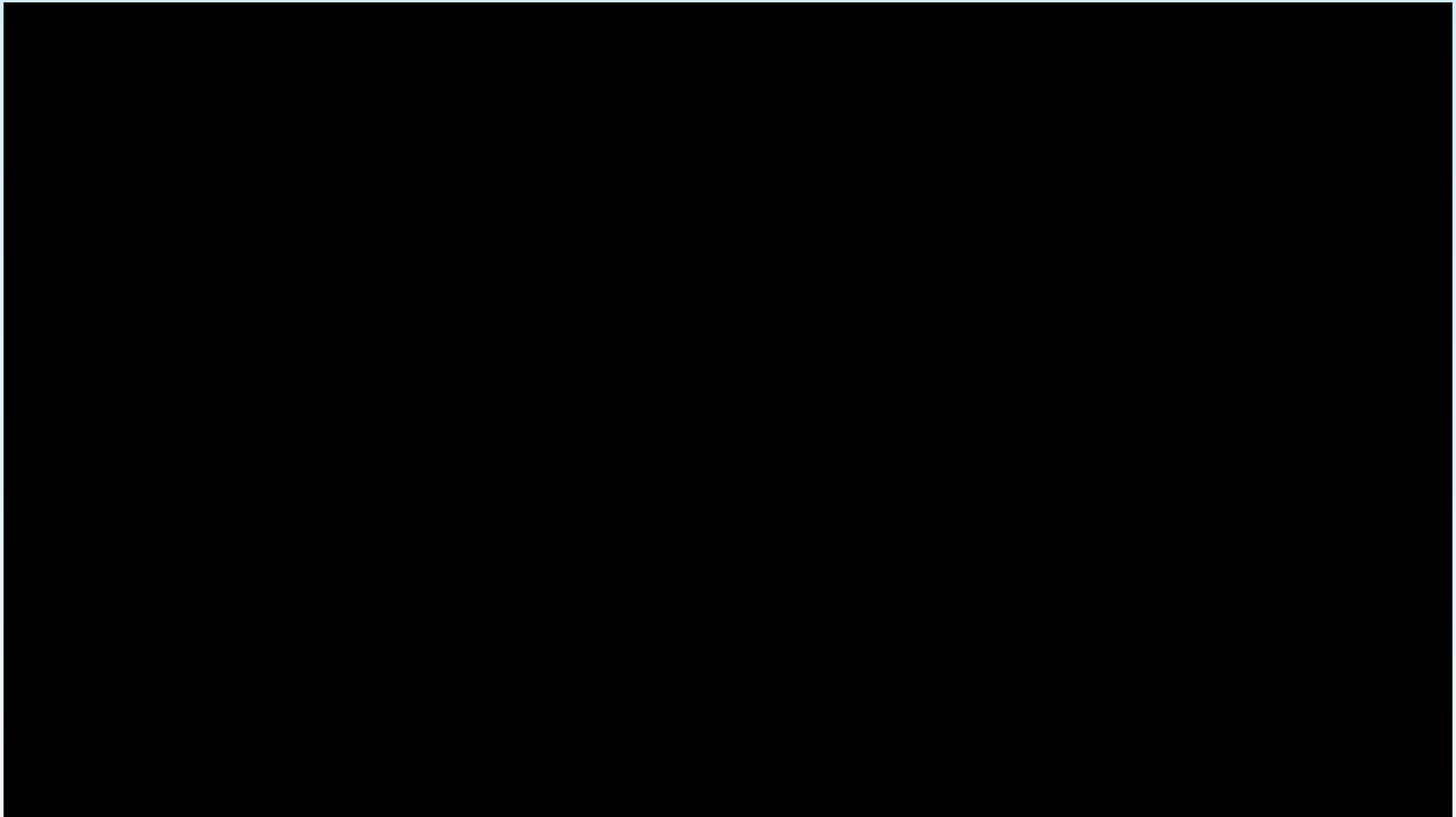


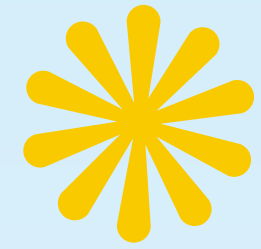
# Rethinking Clothes and Electronics

Fast fashion and electronic waste are two fast-growing problems. Clothes are often thrown away after being worn only a few times, and old phones or computers are discarded even when they still work. This cycle consumes huge amounts of energy and raw materials while creating mountains of waste.









# Rethinking Clothes and Electronics

Buy fewer,  
higher-quality  
clothes that  
last longer.


Repair or  
donate  
clothing  
instead of  
discarding it.

Avoid  
upgrading  
electronics  
unnecessarily.





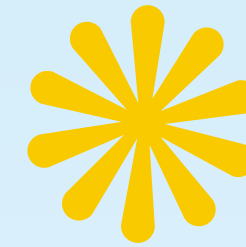
Individuals can help by:



Carrying  
reusable bags,  
bottles, and  
coffee cups.



Choosing products  
with minimal  
packaging.

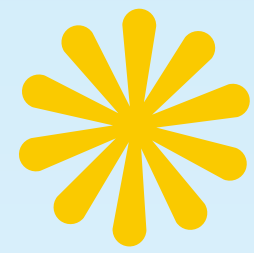


# Cutting Plastic Waste

Plastic is one of the most harmful forms of waste because it takes hundreds of years to break down.

Every year, millions of tonnes of plastic end up in the ocean, where it kills marine animals and pollutes ecosystems. Individuals can help by choosing reusable items such as bags, bottles, and coffee cups instead of single-use alternatives.





# Cutting Plastic Waste

Selecting products with minimal packaging and avoiding disposable straws, plates, and cutlery also reduces plastic waste. Supporting companies that use recycled or biodegradable packaging sends a message that sustainable choices matter. Small everyday actions add up to a big reduction in plastic pollution.

Individuals can help by:



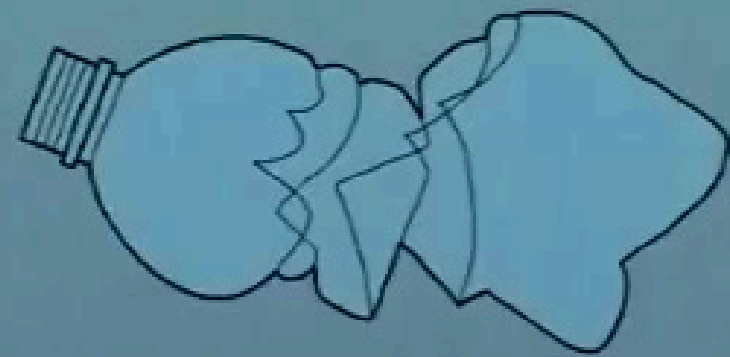
Avoiding single-use items like straws and cutlery.



Supporting brands that use recycled or biodegradable materials.









# Reducing Waste in Europe

Europe generates nearly 500 kg of municipal waste per person each year, much of it avoidable. Food waste, packaging, and single-use plastics remain major challenges.

Major issues: food waste, packaging, and single-use plastics.

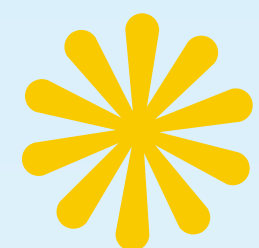
EU targets aim for 65% recycling of municipal waste by 2035.



# What Can We Do?

Waste reduction is not only a government or industry responsibility, it starts with us. Each person can make simple changes that add up: reduce what we buy, reuse items as much as possible, recycle correctly, and compost organic waste. Beyond personal habits, we can donate to waste-reduction charities, and encourage relatives to live more sustainably.





# We Also Can



## Reduce

Minimize waste generation.



## Reuse

Use items multiple times before discarding.



## Recycle

Convert waste into new products.



# Conclusion

Let's commit to reducing waste and promoting a cleaner world.



**Reducing waste is not only about protecting the environment; it is about living responsibly and valuing resources. By changing our daily habits, each of us can help tackle one of the most pressing challenges of our time.**