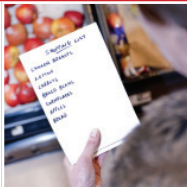
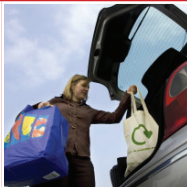


# How to Save Money and Reduce Waste to Landfill



**Smart Shopping  
and Low Waste  
Purchasing**



**PERTH &  
KINROSS  
COUNCIL**



## Welcome

Shopping to avoid excess packaging and food waste is just a matter of following a few simple steps, which can save you money and can become habit after a few shopping trips.



**Smart Shopping  
and Low Waste  
Purchasing**

# Smart Shopping and Low Waste Purchasing

Smarter, more sustainable shopping practices help reduce waste and can save you money too.

Smart shopping is really easy, it doesn't take any extra time, and can make a real difference.



**Save  
Money  
and  
Reduce  
Waste**

## Before shopping:

- check your fridge, freezer and cupboards;*
- plan the week's meals;*
- look on the Love Food Hate Waste website for ideas on how to use up the leftovers;*
- make a shopping list and take it with you;*
- have your reusable shopping bags with you;*
- decide what items you can buy locally to support local traders;*
- take any plastic bags and film that you want to drop-off for recycling in the supermarkets.*

## Once at the shops:

- look out for things to buy in bulk to minimise packaging;*
- look out for items that can be bought as concentrates or in refillable containers;*
- look out for items in reduced packaging or items that are easily recyclable, eg glass jars, paper and aluminium.*



## Once at home again:

- collect packaging that can go into your kerbside recycling bins (if you have this service) eg cardboard, rigid plastic food containers, cans, paper;*
- keep another bag handy for any packaging such as glass that can be taken to your nearest Recycling Centre or Recycling Point (a list of these is available at [www.pkc.gov.uk/recycle](http://www.pkc.gov.uk/recycle));*
- put a carrier bag to one side for plastics that can be recycled by the supermarkets;*

- when putting items in the cupboard or fridge/freezer, put newer items towards the back of the rows so that the items within immediate eyesight are things that need to be eaten first;*
- as soon as regularly-used items are eaten, write them on to a new shopping list for the next food shop.*



## Remember:

- ***your reusable bags***, both for your food shop and City Centre shops;
- ***buy in bulk when possible*** - less packaging is used for the amount of product bought;
- ***buy concentrates*** - these contain less water so can reduce packaging by over 50%.





## Try to:

- *avoid items with lots of packaging;*
- *choose to buy loose (instead of packaged) fruit and vegetables;*
- *buy items in packaging that is easily recyclable - eg glass, paper or aluminium.*

**Complain politely** to the retailer and the brand when you believe a product has too much packaging.

For more ideas to reduce  
packaging visit:

[www.positivepackage.org.uk](http://www.positivepackage.org.uk)

# Recycle Your Packaging

- *Plastic wrapping and liners can now be recycled together with plastic bags in the majority of supermarkets.*



- *Rigid food packaging - like strawberry punnets, yoghurt pots, plastic bottles and food trays - can now be recycled in the blue-lidded recycling bin at the kerbside.*

## Also Consider:

- **High-quality products last longer** so over time they save on resources and save you money.
- **Consider shopping locally**, eg from Farmer's Market Traders and family-run shops that sell good produce with low food miles and less packaging. This helps support the local economy.
- **Join an organic box scheme.** Enjoy quality produce delivered in minimal packaging.
- **Remember to buy recycled goods**, to close the recycling loop.

# LoveFood Hate Waste

Avoidable food waste costs Scotland nearly £1 billion, that's the equivalent of £430 per household per year!

This could be avoided if everyone plans, stores and manages food more effectively.



For recipes, tips on buying and storing food and using up that leftover food, visit:

[www.wasteawarelovefood.org.uk](http://www.wasteawarelovefood.org.uk)

# Reducing

Not producing the waste in the first place can save you money and also bring social and environmental benefits.

Consider buying a water filter, and refill your bottles or flasks instead of buying bottled water.

You can freeze your home cooking in reusable containers, rather than buying over-packaged convenience food.

For more ideas visit '10 Top Tips for Reducing Waste' at:

[www.pkc.gov.uk/recycle](http://www.pkc.gov.uk/recycle)

## Reusing

Try to avoid disposable products such as nappies, paper plates, plastic cups, plastic cutlery, single use cameras, razors and batteries.

Instead, consider Real Nappies, rechargeable batteries, electric razors and reusable cutlery and crockery.

## Repairing

Consider repairing an item rather than buying a new replacement.

Find the Perth and Kinross Reuse and Repair Directories at:  
[www.sort-it.org.uk](http://www.sort-it.org.uk)

# Hiring Items

To save money and storage space, consider using a hire shop for infrequently used items such as garden equipment, DIY tools or carpet cleaners.

A simple internet search will provide a list of local hire shops.

## Donate Unwanted Items

Donate to charity shops or find a new home for that 'unwanted something' by using online networks such as [www.freecycle.org](http://www.freecycle.org) or [www.ilovefreegle.org](http://www.ilovefreegle.org)

Visit the Perth and Kinross Charity  
Shop Map at:

[www.pkc.gov.uk/wheretodonate](http://www.pkc.gov.uk/wheretodonate)

For more information on all of the information contained within this leaflet or for general enquiries, please contact Perth & Kinross Council on

 01738 476476

 [recycle@pkc.gov.uk](mailto:recycle@pkc.gov.uk)

 [www.pkc.gov.uk/smartshopping](http://www.pkc.gov.uk/smartshopping)

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