

SOLID WASTE MANAGEMENT OUTREACH PROGRAMME

BARBADOS

101 Ways To Watch Your Wasteline



Sewerage and Solid Waste Project Unit
Ministry of Health

1. Compost kitchen scraps and yard waste.
2. Maintain and repair durable products.
3. Let your apartment dwelling friends use your composter.
4. Compost the coffee grounds and tea bags from work; take them home if you don't have a composter at work.
5. Take your own shopping bag to the grocery store.
6. Write school or business notes on the back of scrap paper.
7. Choose cloth diapers over disposable.
8. Purchase reusable razors instead of disposables.
9. Go to garage sales for your household needs, rather than buying things new.
10. Use a thermos in your lunch rather than juice boxes or pet bottles.



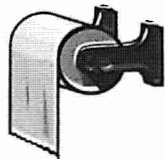
11. Take a lunch box instead of bags. Also, take the container to the shop and have them put your food straight into the box.
12. Recycle your fine paper at the office and at home.
13. When buying fruits and vegetables at the grocery store, instead of those little plastic bags, bring one bag to put them all in. Separate them at the check-out counter.
14. Use a garbage can instead of garbage bags. If you are composting your wet garbage, this needn't be a problem.
15. Take your own mug to the coffee shop or to work.
16. Draft letters and reports directly onto the computer; skip the paper step.
17. Photocopy on both sides of the paper.
18. Keep some scrap paper by your printer to print out draft copies.
19. Shop at the bulk food store and bring your own plastic containers and bags to transport your purchases.
20. Take the egg cartons back to the farmer—some local stores take them too.
21. Repair appliances rather than buy new ones.
22. Use plastic shopping bags as kitchen catchers or garbage bags.
23. Eat lots of fresh fruits and vegetables; they are less often pre-packed in the grocery store.



24. Wrap gifts in newspaper, magazines (ads are great—very colourful) or old posters; not expensive wrapping paper.
25. Use cloth napkins, not paper ones; it's cheaper and more elegant. Add a little class to your life.
26. Clean out your basement or attic and have a yard sale or donate it to a community group sale.

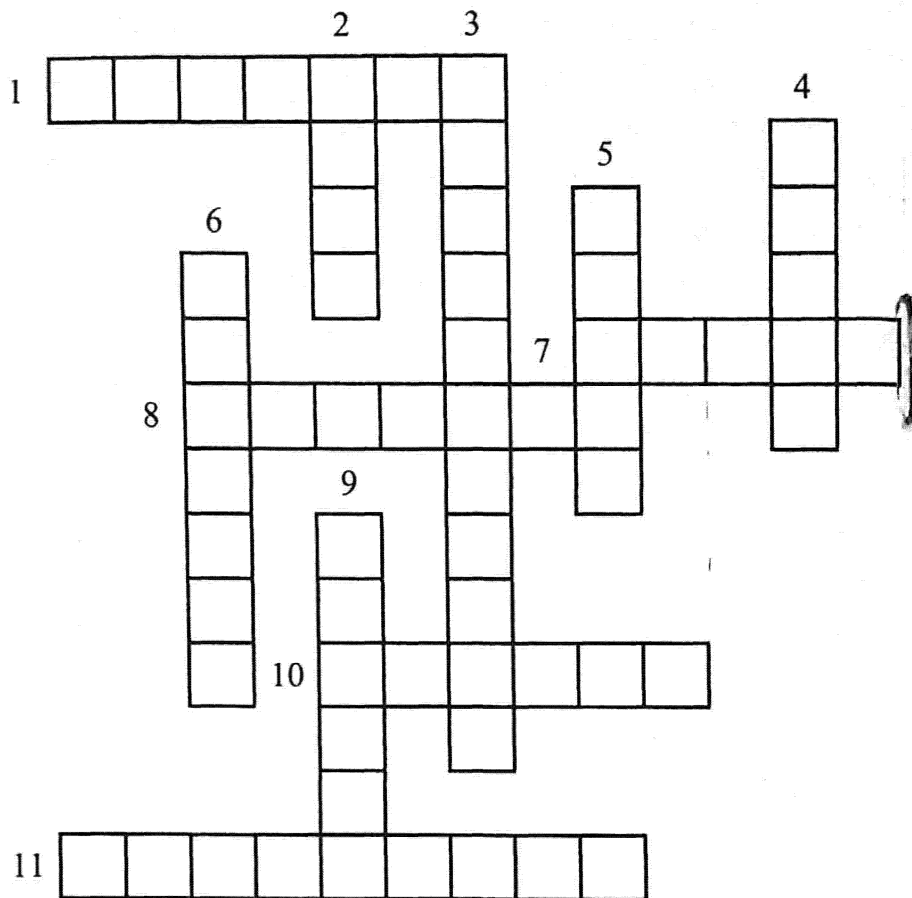


27. Use rags for clean-up, not paper towels.
28. Use cereal boxes and milk cartons for garbage.
See if you can go for a week without using a garbage bag.
29. Take your used motor oil to a service centre that collects it.
Many do, just call.
30. Buy re-fined motor oil.
31. Reuse envelopes by putting labels over the old labels.
32. Reuse file folders by putting labels over the old labels.
33. Keep a couple of bags in your car or purse for those unplanned purchases.
34. If you have to use aluminum pie plates, reuse them or give them to a local daycare school.
35. Buy toilet paper and tissues made from recycled paper.



36. When wrapping gifts, use string instead of tape; the string is cheaper and can be reused.
37. Buy rechargeable batteries and rechargeable fire extinguishers.
38. University and college students: don't buy all the textbooks on your list, use the school library.
39. Buy recycled paper, photocopy on recycled paper, support businesses that use recycled paper.
40. Reupholster an old sofa rather than go and buy a new one.
41. Buy products in recyclable, or better yet, refillable containers.
42. Shop at used book stores and use the library instead of buying new books.
43. Buy a potted Christmas Tree that will live year after year, or an imitation tree, or string lights on your largest garden plant.
44. Take wire coat hangers back to the dry cleaners.
45. Share magazines with a friend or donate them to the hospital or doctor's office.

WASTE NO WORDS



CLUES

ACROSS



1. Sturdy (7)
6. Recover
8. A mixture that consists largely of decayed organic matter (7)
10. Make a gift of (6)
11. Comes in disposable and rechargeable varieties (9)

DOWN

2. Quantity (4)
3. Surroundings (11)
4. Refuse (5)
5. Land (5)
7. To use again (5)
9. To diminish in size (6)

Adapted from the Waste to Words Website of the USEPA
(United States Environmental Protection Agency)



46. Instead of buying new toys for your children, encourage them to make things. It will be good for the environment and great for their creative minds.
47. Spend a little more to buy durable products that will last and save you money in the long run.
48. Donate unwanted clothes and household goods to the local thrift store (or local church), and shop there.
49. Place a pet bottle filled with water in the tank of your toilet. This will reduce the amount of water used per flush by the volume of water the pet bottle contains.
50. Avoid buying aerosol cans;  they can't be reused or recycled.
51. Buy shampoo in large jugs (or Enviropaks), and fill your smaller bottle at home.
52. Place buckets or barrels under the corners of the roof to collect rainwater for wetting plants.
53. Buy soft drinks, juice and beer in refillable or reusable bottles.
54. Use reusable plastic containers when you go on picnics or road trips and bring your garbage home for your composter or to recycle.
55. At the office, circulate memos instead of duplicating them.
56. Avoid single, serving packages in supermarkets e.g: baby food jars, single slice processed cheese, T.V. Dinners.
57. Save energy used in ironing by hanging clothes in the bathroom while showering.
58. Take the time to eat in rather than take out.
59. Buy the item with the least packaging when choosing between two equally good products.
60. Water your plants with left over cold tea or coffee.
61. Make greeting cards out of boxboard and colourful magazine pictures. It reduces waste and gives a much more personal touch to your greeting. 
62. When cleaning your paint brushes with mineral spirits, let the paint settle to the bottom and pour the clean spirits back into the jug.
63. Make pizza at home and let them keep the box. Pizza boxes are not recyclable.

Directions

Decode the messages to discover interesting facts about recycling.

CODE

A = 1, B = 2, C = 3, D = 4,
E = 5, F = 6, G = 7, H = 8, I = 9, J = 10, K = 11,
L = 12, M = 13, N = 14, O = 15, P = 16, Q = 17, R = 18,
S = 19, T = 20, U = 21, V = 22, W = 23, X = 24, Y = 25,
Z = 26

1. 1 16,5,18,19,15,14 16,18,15,4,21,3,5,19 1,2,15,21,20

20,23,15 16,15,21,14,4,19 15,6 7,1,18,2,1,7,5 5,1,3,8 4,1,25.

2. 1,2,15,21,20 6,15,18,20,25 16,5,18,3,5,14,20 15,6

3,21,18,2,19,9,4,5 7,1,18,2,1,7,5 9,19 16,1,16,5,18

16,18,15,4,21,3,20,19.

3. 18,5,3,25,3,12,9,14,7 15,14,5 20,15,14 15,6

14,5,23,19,16,1,16,5,18 19,1,22,5,19 19,5,22,5,14,20,5,5,14

20,18,5,5,19.

64. Share with neighbours and friends or rent those large and expensive things that you use only once in a while such as lawn mowers, and tools.
65. Use wallpaper scraps to decorate a gift box, a chair or a chest of drawers.
66. Ask your friends or relatives if they can use your left over paint.
67. Consider a biological toilet as an alternative to a septic tank at your guest house or home.
68. Purchase a reusable coffee filter.
69. When you find a flyer on your windshield take it back to the business that put it there or reuse the paper yourself.
70. Encourage restaurant owners to use condiment and sugar containers rather than the small packets.
71. Cut down on handouts by using overheads in meetings and presentations where possible.
72. Write greeting card messages in pencil so they can be re-used.
73. Reuse old nylons in the bottom of flower pots for drainage.
74. Bring reusable containers or bags to the supermarket for cheese and meat from the deli-counter.
75. Get out the scissors and convert large detergent boxes into large file holders.
76. If you have an idea on how manufacturers can cut down on packaging, give some specific examples.
77. Ask your supermarket manager to stock products with less packaging; give some specific examples.
78. When organizing a large function, rent tableware from a catering service rather than using paper plates.
79. Save jars and lids for making jam or pickling, pass them on to a pickling neighbour.
80. Do not leave appliances running when not in use.
81. Skip your grocery shopping for one week or two and try to get rid of all the food that has been hanging around for weeks.
82. Talk to your local hardware store or the Barbados Water Authority about getting a water saving shower head and a toilet dam.



83. Leave the car at home; ride or walk to work.

84. Shred used office paper and pass it on to farmers for use as animal bedding.



85. Buy energy-saving light bulbs that last for years and save money in the long run.
86. Turn down your hot water heater.
87. Fill your cleaning cupboard with borax, baking soda, washing soda, vinegar, lemon juice and soap flakes to replace chlorine bleach, abrasive powders, glass cleaners, toilet cleaners, disinfectants, etc.
88. Reuse cooking foil where possible.
89. Keep water in a jug in the fridge in summer to save on wasting water while you wait for it to run cold.
90. Slow down—you'll save money on gas and speeding tickets, and you'll probably live longer.
91. Fix a leaky tap.
92. Wash your car with one bucket of water and 20 cents worth of soap rather than spending \$5.00 or more if it's a drive-through, that wastes gallons of water at the carwash.
93. Call your local gas company to find out about converting to natural gas.
94. Take the bike instead of the motor vehicles e.g: motor cycle, car, etc.
95. Organize a car pool if you are not already participating in one.
96. Use cedar chips or bay leaf instead of moth balls.
97. Educate others on source reduction and recycling practices.
98. Organize a skate exchange, toy exchange, any kind of sports equipment exchange.
99. Use compost instead of chemical fertilizer.
100. Turn off lights when you are leaving the room.
101. Make the effort to implement some of the above as the effects of each action are cumulative.

These tips were developed by the Country Simcoe,
Ontario, Canada. They were modified and adapted
to the Barbados situation by the
Project Execution Unit,
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