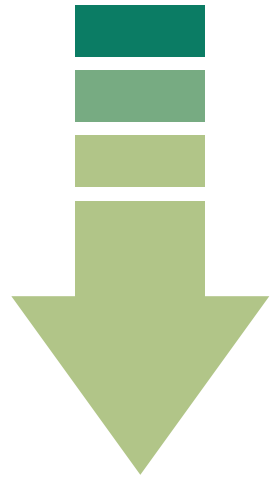


KEY PRINCIPLES



REDUCE



REUSE



REPAIR



RECYCLE



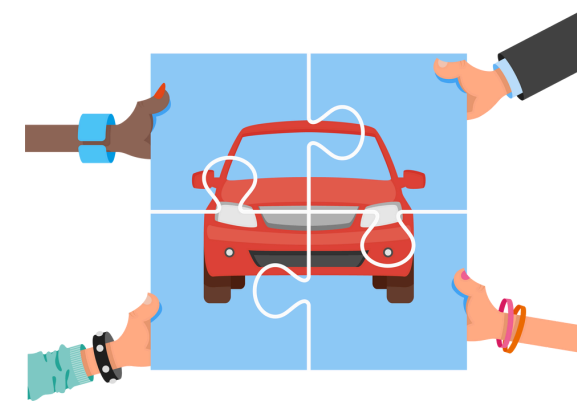
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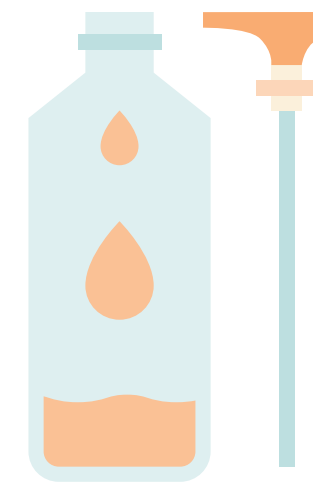
RETHINK



COMPOST

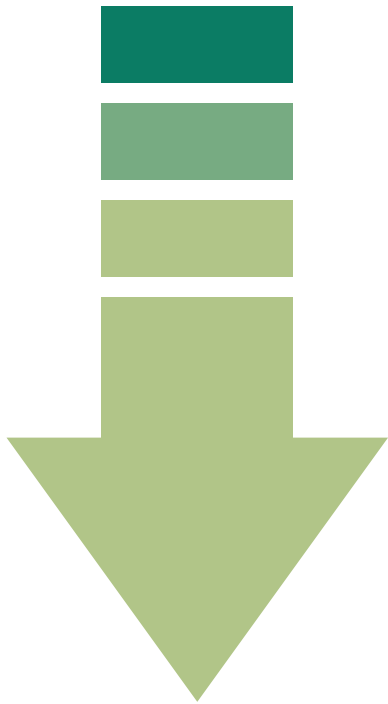


SHARE



REFILL

KEY PRINCIPLES



REDUCE

Minimise waste by consuming less.



REDUCE



REUSE



REPAIR



RECYCLE



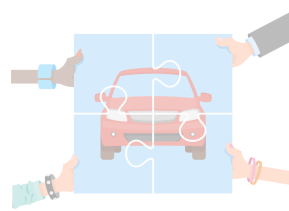
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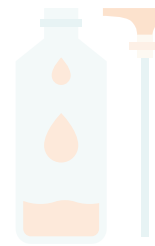
RETHINK



COMPOST



SHARE



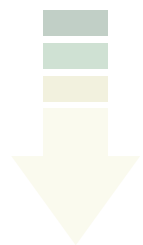
REFILL

KEY PRINCIPLES



REUSE

Extend the life of products through reusing and repurposing.



REDUCE



REUSE



REPAIR



RECYCLE



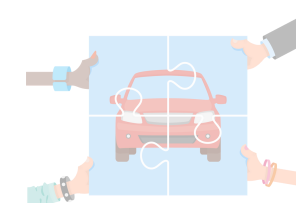
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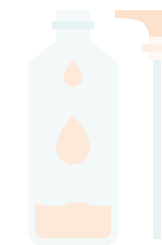
RETHINK



COMPOST



SHARE



REFILL

KEY PRINCIPLES



RECYCLE

Transform waste into new resources and materials.



REDUCE



REUSE



REPAIR



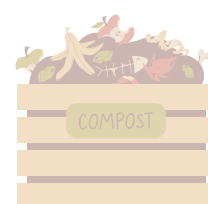
RECYCLE



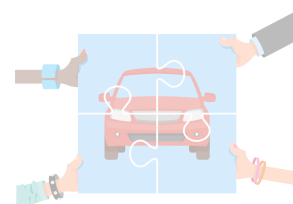
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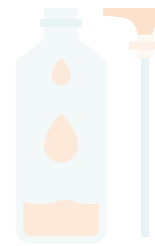
RETHINK



COMPOST



SHARE



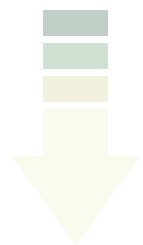
REFILL

KEY PRINCIPLES



REFUSE

Say no to unnecessary items, such as single-use plastics or freebies you don't need.



REDUCE



REUSE



REPAIR



RECYCLE



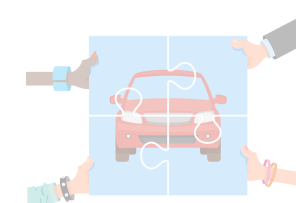
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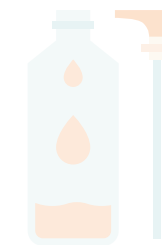
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COMPOST



SHARE



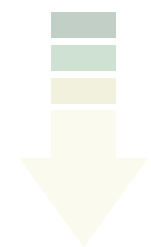
REFILL

KEY PRINCIPLES



RETHINK

Question habits, redesign systems, and imagine new ways of meeting needs that are less resource-intensive.



REDUCE



REUSE



REPAIR



RECYCLE



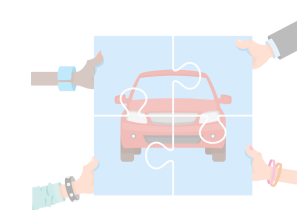
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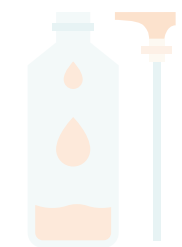
RETHINK



COMPOST



SHARE



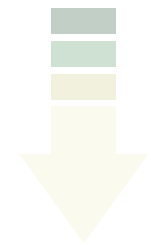
REFILL

KEY PRINCIPLES



COMPOST

Turn organic waste into valuable nutrients for the soil.



REDUCE



REUSE



REPAIR



RECYCLE



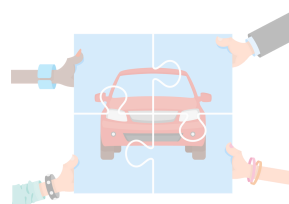
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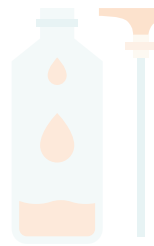
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COMPOST

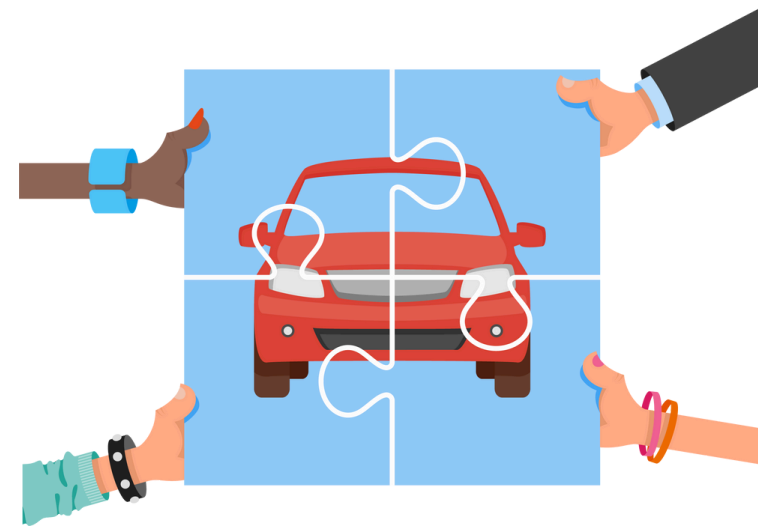


SHARE



REFILL

KEY PRINCIPLES



SHARE

Maximise use of products by sharing, lending, or renting instead of owning everything individually.



REDUCE



REUSE



REPAIR



RECYCLE



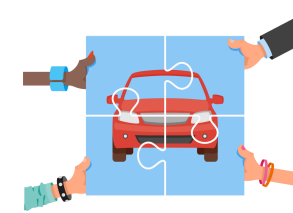
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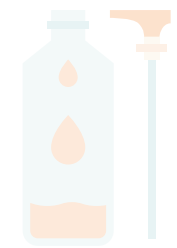
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COMPOST

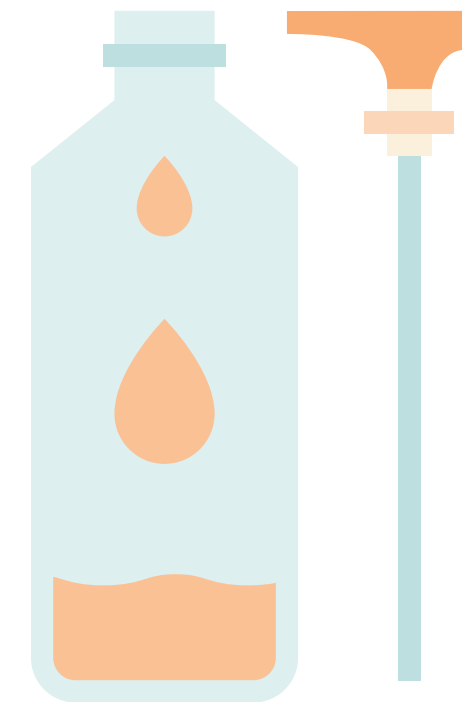


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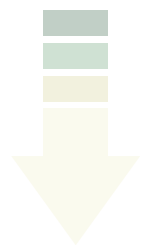
REFILL

KEY PRINCIPLES



REFILL

Choose refillable options (water bottles, cleaning supplies, toiletries) to cut down on packaging waste.



REDUCE



REUSE



REPAIR



RECYCLE



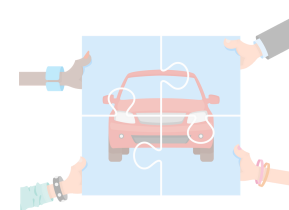
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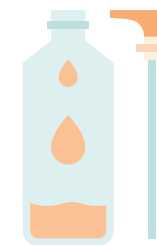
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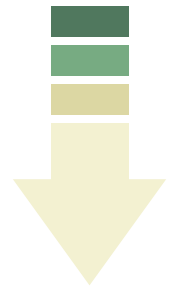


SHARE



REFILL

MATCHING GAME



REDUCE



REUSE



REPAIR



RECYCLE



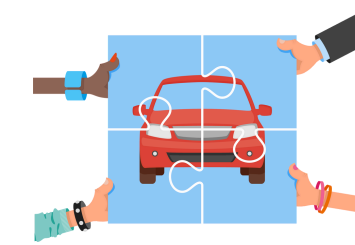
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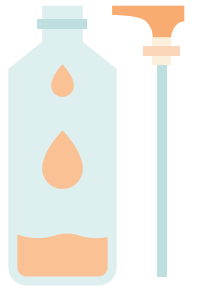
RETHINK



COMPOST



SHARE



REFILL

- Use a coffee mug instead of a disposable cup
- Turn off lights when leaving a room
- Donate unused toys, books and clothes
- Add leaves and grass clippings to compost
- Use tote bags for shopping
- Sew a button back onto a shirt
- Choose products with less packaging
- Borrow books from the library
- Collect fruit and vegetable peels

- Store food in glass jars
- Ask “Do I really need this?” before buying
- Stream movies instead of buying DVDs
- Wrap gifts in old newspapers or fabric
- Buy spices or grains from refill stations
- Share or borrow items instead of buying
- Fix a chair with wood glue
- Print double-sided or go paperless

- Take shorter showers
- Refill soap dispensers from bulk containers
- Share power tools with neighbors
- Switch to renewable energy when possible
- Replace phone batteries instead of buying new
- Buy timeless fashion pieces instead of fast fashion
- Use public transport or cycle instead of the car

DISCUSSION: PERSONAL HABITS

1. GROCERY SHOPPING

How do you usually shop for groceries?

What changes could reduce waste?

(e.g., buying local, choosing products without packaging, bringing your own bags)

2. FOOD STORAGE & COOKING

How do you handle leftovers and expiry dates?

Could you reduce food waste?

(e.g., meal planning, freezing, sharing, composting scraps)

3. CLEANING PRODUCTS

What products do you buy (single-use bottles, refill packs, DIY cleaners)?

How could you switch to refillable or eco-friendly options?

4. LAUNDRY

How do you wash and dry clothes (detergent type, frequency, drying)?

Could you reduce water, energy, or microplastic pollution?

(e.g., cold wash, eco-detergents, air drying)

5. CLOTHING & FASHION

What do you do with clothes you no longer wear?

Could you reuse, repair, donate, or buy second-hand instead of new?

6. ELECTRONICS & APPLIANCES

What happens when something breaks?

Could you repair, donate, or recycle instead of replacing quickly?

7. WASTE DISPOSAL

How do you currently separate waste?

(e.g., recycling, compost, general waste)

What's one improvement you could make at home?

8. TRANSPORTATION

How do you get to work, school, or shopping?

What more sustainable options could fit into your routine?

(e.g., bike, public transport, carpooling)

9. WATER USE

How do you currently use water at home?

(e.g., showers, washing dishes, garden watering)

Where could you save or reuse water?

10. HOUSEHOLD ENERGY

How do you manage heating, lighting, and appliances?

Could you reduce use?

(e.g., LEDs, turning off standby, better insulation)

DAILY ROUTINES: A DAY WITH THE MÜLLER FAMILY

The Müller family: Anna and Tom with their two kids, Mia (10) and Jonas (13) live in a medium-sized town. Their day looks like this:

Morning Rush

The alarm goes off at 6:30. Anna and Tom are in a hurry, so they skip breakfast at home and grab takeaway coffees in disposable cups from the café on the way to work.

Mia and Jonas pack their school snacks — wrapped in cling film with single-use juice boxes. At the same time, Tom puts on a load of laundry, setting the machine to 60°C by habit, even though the clothes aren't that dirty.

Afternoon Errands

After work, Anna picks up the kids from school. Instead of walking, they take the car to the supermarket, even though it's only a 10-minute walk away. They just need "a few things" but end up leaving with several plastic bags full of groceries. While tidying up, Mia finds a pile of clothes that no longer fit. Anna sighs and throws them into the bin — there's no time to think of what else to do with them.

Evening at Home

Dinner is spaghetti bolognese. As usual, there's a lot of food left over, but no one feels like saving it for the next day — so it all goes into the trash. Along with the leftovers go vegetable peels and eggshells from cooking.

Later, the family watches TV together. Lights are left on in the kitchen and bedrooms, and Jonas leaves his computer running all evening. When it's time to clean up, Anna uses single-use wipes and strong chemical cleaners because "it's just quicker."

WASTE ITEMS

