



Comhairle Chontae na Gaillimhe Galway County Council



WASTE PREVENTION IN THE HOME

We all know that excess waste generation is bad for the environment but as individuals what can we do to try and reduce the environmental impact of our daily activities? The best option is to try and prevent waste arising where possible. Preventing waste before it is ever created does have a positive impact – after all if you don't create waste, you don't have to dispose of it.

WASTE PREVENTION IN THE HOME

We each use items in the home that could be substituted with reusable options, for example using airtight containers instead of wrapping food stuff or lunches in tinfoil or cling film.

Nationally we each generate about 660 kg of waste per annum.

FOOD WASTE

As a result of poor shopping practices on average we throw out approximately 33% of the food we buy. All that extra food has to be brought home from the shops, cooked, refrigerated and plated out. Food related activities such as refrigeration, cooking and cleaning account for a large portion of household energy use.

Food is expensive to buy and also expensive to dispose of - recent studies

indicate that 1 kg of food waste has a monetary value of €2 - €3.

TOP TIPS WHEN SHOPPING INCLUDE:

- » Use a reusable shopping bag and always have a list
- » Buy loose fruit and vegetables
- » Buy in bulk
- » Be aware of packaging
- » Be aware of special offers that often go unused
- » Buy local as much as possible
- » Plan your menus to use in-season local produce
- » Buy non-disposable tableware and cutlery

SO WHAT CAN WE DO TO HELP PROTECT OUR ENVIRONMENT?

- » Think before you print
- » Use reusable containers

- » Be creative with leftovers
- » Prevent as much waste as possible
- » Use your nearest bring bank regularly
- » Get composting
- » Conserve energy
- » Conserve water
- » Don't burn waste
- » Don't litter

REMEMBER - IT'S EASY TO MAKE A DIFFERENCE!



FURTHER INFORMATION
IS AVAILABLE FROM:

The Waste Prevention Programme
Environment Section
Galway County Council

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Paper sourced from sustainable forests



DRAMHAÍL A CHOSC SA BHAILE

Tá a fhios againn go léir nach bhfuil sé go maith don chomhshaol an iomarca dramhaíola a ghiniúint, ach mar dhaoine aonair, cad is féidir linn a dhéanamh chun iarracht a dhéanamh chun an tionchar a bhíonn ag ár ngníomhaíochtaí laethúla ar an gcomhshaol a laghdú? Is é an rogha is fearr ná iarracht a dhéanamh dramhaíl a chosc, mura gcruthófar dramhaíl ní bheidh aon ghá lena diúscairt.

DRAMHAÍL A CHOSC SA BHAILE

Úsáidimid go léir rudaí sa bhaile a bhféadfaí rudaí inathúsáidte a úsáid ina n-áit, mar shampla, coimeádáin aerdhíonacha a úsáid seachas bia a chlúdach le scragall stáin nó scannán cumhdaithe.

Go náisiúnta gineann gach duine againn tuairim is 660 kg de dhramhaíl in aghaidh na bliana.

DRAMHAÍL BIA

Caithimid amach tuairim is 33% den bhia a cheannaimid mar gheall ar dhroch-chleachtais siopadóireachta.

Caithfear an bia breise sin a thabhairt abhaile ó na siopaí, caithfear é chócaráil, é a chuisniú agus a chur ar phlátí. Tá luach airgid de €2 - €3 ag 1 kg bia.

LEIDEANNA SIOPADÓIREACHTA:

- » Cuimhnigh mála siopadóireachta inathúsáidte a úsáid
- » Ceannaigh torthaí agus glasraí scaoilte
- » Ceannaigh i mbulc
- » Bí feasach maidir le páscáistiú
- » Bí aireach maidir le margaí speisialtaí nach n-úsáidtear
- » Ceannaigh táirgí áitiúla a mhéad agus is féidir
- » Déan do bhiachláir chun táirgí áitiúla atá i séasúr a úsáid
- » Ceannaigh táirgí don tábla gur féidir a ath-úsáid

CAD IS FÉIDIR LINN A DHÉANAMH CHUN CUIDIÚ LEIS AN gCOMHSHAOL A CHOSAINT?

- » Smaoinigh sula ndéanfaidh tú rud a phriontáil
- » Úsáid coimeádáin inathúsáidte
- » Bí cruthaitheach ag úsáid

fuíollach bia

- » Bíodh a laghad dramhaíola agat agus is féidir
- » Úsáid an banc athchúrsála is gaire duit
- » Tosaigh ag múiríniú
- » Déan fuinneamh a chaomhnú
- » Déan uisce a chaomhnú
- » Ná bí ag dó dramhaíola
- » Ná chath bruscar

CUIMHNIGH - IS FURASTA DIFRÍOCHT A DHÉANAMH!



BREIS EOLAIS LE FÁIL Ó:

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Rannóg Timpeallachta
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Páipéar ó thoraísi inbhuanaithe