



# We reduce waste, we give room to life

Practical tips for a more sustainable and cleaner Greece





# Organic waste (food and green waste)

>2.5 million

tons of biowaste are produced in Greece.

~500,000

tons are garden and park waste containing nutrients that can be returned to the soil as natural fertilizer.

## Households

are the main producer of food waste at a rate of more than **50%**.



~70-100 kg

of food waste is produced by every citizen in Greece every year, 1/3 of which could be avoided.

**Huge environmental and social impact, waste of resources** but also financial loss for the households themselves, at the same time that many of our fellow citizens are malnourished.

**Fruits and vegetables** are the main food waste group that is discarded unreasonably.

## What can we do?



**Plan our grocery shopping better**, use a shopping list (we buy what we really need, in the right quantities, paying attention to the expiration dates).



**Improve food storage and preservation, e.g. use the freezer** (avoid spoilage, know what is stored and where).



**Be mindful on how to store products and adjust the menu** (consume products before they expire).



**Dispose leftovers from organic waste**, such as food scraps or green waste from our plants, **in the brown bin**, which, through composting, they turn into natural fertilizer or other useful products.



**Dispose used cooking oils in the proper collection bins** (usually in stores or supermarkets), which are used for the production of biodiesel and soaps).

## Electric and electronic devices, light bulbs, batteries

These items contain highly toxic materials for the environment and our health, but also have great value. **We do not throw them in the residual bin.**

### What can we do?



Choose electric and electronic devices with a **long-life cycle** and the possibility of **future repairs or upgrades**. Thus, we also save money.



**Donate** devices you do not use anymore to others who need them.



Get devices from **second-hand or upgrade** shops.



Use **rechargeable batteries** and **long-life lamps**.

## Printer paper and ink cartridges

Their production consumes valuable resources, while they have significant value after use. **We do not throw them in the residual bin.**

### What can we do?



**Reduce printing**, prefer digital format.



Use the **back side of printed paper** for notes.



Keep files and records in **digital format**.



Buy **recycled paper**.



Print on **both paper sides**.



Use **refillable ink cartridges** and toners, whenever it is technically applicable.

## Items we don't use anymore

Most items still have value, as products or as secondary materials.

**Please rethink and do not throw them in the residual bin.**

### What can we do?



Clothes



Shoes



Toys



Furniture



Utensils



etc.



Repair | Reconstruct | Reuse | Redesign | Upcycle

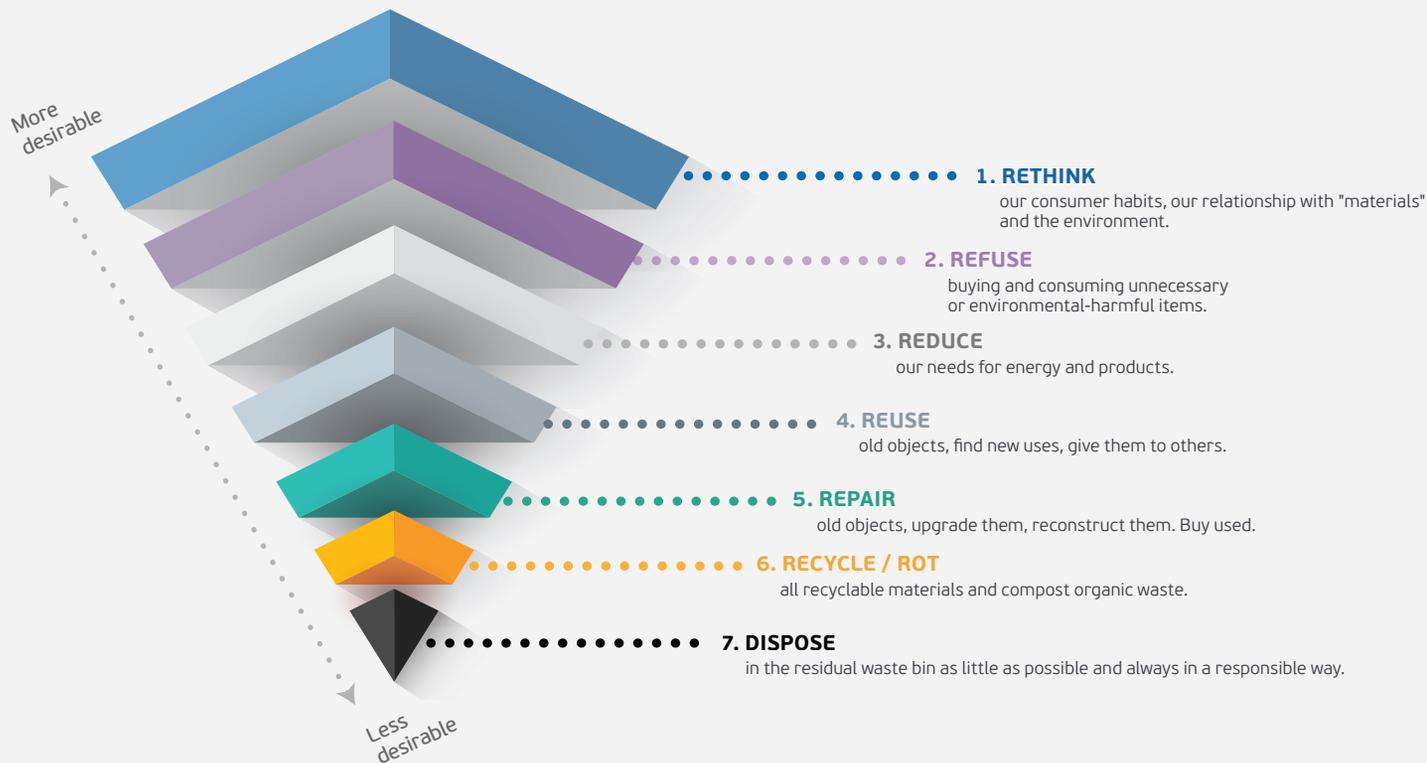
We can also donate them to friends who can use them, or to dedicated spots in our municipality, to be used by others who need them.

## What we can't avoid at all, we recycle! How do we recycle?

- **Put only recyclable materials**, each one in the **dedicated bin**, depending on the waste system in our area.
- **Rinse liquid and food leftovers from the packaging.**
- **Compress packaging** as much as possible.  
**Bulk** in each bin and not in bags.
- **Separate at source the biowaste**, by using biodegradable bags (EN standard 13432), simple paper bags or newspapers to collect them and dispose them properly in the brown bin or directly in our home composter. Plastic bags should be avoided, as they are mixed with the pure organics and deteriorate the quality of the compost produced.
- **Dispose electric and electronic devices, batteries, light bulbs, ink cartridges** only in proper collection points or networks, never in the residual waste bin.



# Taking waste out of our lives, in 7 simple steps:



**By preventing waste, we save money  
and contribute to our Greek economy!**

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