

STRATEGY : TAKEAWAYS



Instead of buying takeaways in plastic packaging, choose a takeaway wrapped in paper, foil or in a cardboard box: Pizza, fish & chips, burger, kebab.



Or before you order, ask if they will put it in a container provided by you.



Take a reusable coffee cup when you go to get your takeaway coffee.

STRATEGY : DON' T GIVE PLASTIC PACKAGING TO SOMEONE ELSE

When going out for a pot-luck meal, don't burden your host with unwanted plastic packaging, take your food in a returnable container e.g. a dish covered with a beeswax wrap, or leave them with a biodegradable container they can recycle or compost.



STRATEGY : HELP OTHERS CONSUME CAREFULLY

- Share your stuff with others
- Sell or donate items or materials you no longer need, including to your local waste recyclers
- Install a change at work, school, group, club
- Donate \$\$\$ to an ENM member group or ENM
- Volunteer for groups with a circular economy focus e.g. sustainability clubs, Repair Cafe
- Set up your own initiative and apply for funding e.g. through the Environmental Initiatives Fund

THE PROBLEM:

The manner in which we currently consume resources is having a devastating effect on our planet: flora, fauna, land, waterways, oceans and air. If we don't protect the life-supporting capacity of air, water, soil & ecosystems, nature can't support us and continue to provide us with the resources we need to survive and thrive.



THE SOLUTION:

The **Circular Economy** ensures resources are consumed in a way that protects and restores natural ecosystems, specifically through the:

- avoidance of resources that harm the environment: during extraction, production, use and/or disposal
- adoption of economical practices, including only using what we need, and keeping resources in use for as long as possible

JOIN OUR NETWORK

We are an expanding network of groups, individuals and businesses, working together to promote, foster, and instill Circular Economy practices and activities within our communities.

Join ENM's Circular Economy Network and collaborate with others to make a difference

E: circ.economy@enm.org.nz

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10 Strategies to
save money & the planet

CONSUMING CAREFULLY

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& MAKE A DIFFERENCE THROUGH
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STRATEGY : REPAIR

Instead of getting a replacement, try repairing the item you have;

- Fix it yourself - if you don't have the equipment, Blueprint, the makerspace at the City Library offers a wide range of tools from sewing equipment, 3D printers, laser cutters, CNC routers, vinyl cutters, a heat press, along with training and supervision, or you could register for a Supergrans workshop to learn sewing skills.
- Take it to your local Repair Café: there are 3 in the Manawatū: Feilding, PN & Levin. Each of these run an event once a month, where skilled volunteers will do their best to repair your item. Koha is appreciated, but not essential.
- For repairs requiring more time, expertise or materials, visit your local specialist repair shop.
- If you no longer want the item after repairing, donate it, so that it can be of use to someone else.



STRATEGY : USE SOMEONE ELSE' S

For an item that won't often be used or may quickly lose its appeal, consider borrowing or hiring it instead of buying one:

- Borrow basic garden tools and books from ENM's library, 145 Cuba St, PN and PN's community libraries
- Borrow items from family, friends or neighbours
- Hire toys through your local toy library
- Hire tools and a vast array of household items from your local tool or party hire centre

STRATEGY : SOURCE BIODEGRADABLE

If you need an item, try to find one made of fully biodegradable materials, that can be composted at the end of its useful life, so as not to pollute the natural environment e.g. wooden, metal, cotton, wool, bamboo. Buy new as a last resort, as one of the problems with buying brand new is, it usually comes in plastic-packaging



STRATEGY : SOURCE SECOND-HAND

Before buying brand new, see if the item you are looking for is at your local op-shop or secondhand store. It will likely be package free.

Need a container? Don't buy a brand new one when thousands of containers are thrown away everyday. Ask your friends or family to save one from the recycling or rubbish or go to an op-shop.

STRATEGY : MAKE YOUR OWN

If you can't find what you're looking for, have a go at making it yourself. It will be ultra eco-friendly if you make it from recycled, non-toxic, biodegradable materials, as well as package-free.



STRATEGY : SHOP PACKAGE-FREE: FOOD & CLEANING PRODUCTS

At least once this month, before you do your normal grocery shop, try and get as many of the items on your shopping list as you can package-free from a bulk bin store. Some shops will reward you for taking your own containers by giving you a 5% discount e.g. at Binn Inn.



STRATEGY : OVERCOMING PLASTIC-PACKAGING CHALLENGES

Here are some ways to get around items that you can't easily buy package-free:

- Swap from plastic-wrapped to a cheaper biodegradable alternative e.g. choose tomato sauce in a non-plastic lined steel tin instead of in a plastic bottle, or a soft drink in an aluminium can instead of in plastic. Aluminium in particular is a valuable resource that can be recycled again and again with minimal degradation, and will eventually biodegrade if discarded in the environment.
- Make it from scratch using package-free ingredients, e.g. bread, biscuits, dukkah. If you need to learn some cooking or preserving skills, register for a Supergrans individual or group workshop.
- Be creative: if you can't find an item in plastic-free packaging, try something different e.g. buy package-free milk powder that you can reconstitute into a liquid instead of buying milk in plastic bottles, or buy package-free mince vegetable protein instead of plastic-wrapped meat.