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SMART shopping in Southwark

للترتيب لترجمة هذه الكراسة خذها رجاء إلى أحد العنوانين التاليين:

One Stop Shop, 122 Peckham Hill Street, London, SE15 or One Stop Shop,
151 Walworth Road, London, SE17 *Arabic*

এই প্রচারপুস্তিকাটির (লিফলেটের) একটি অনুবাদের আয়োজন করতে হলে দয়া করে এটি এখানে নিয়ে যান:
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Bu broşürün tercüme edilmesini düzenlemek için lütfen onu aşağıdaki yerlerden
birine götürün: One Stop Shop, 122 Peckham Hill Street, London, SE15
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Để có bản dịch tiếng Việt, hãy mang tờ rơi này đến cửa hàng: One Stop Shop,
122 Peckham Hill Street, London, SE15 hoặc One Stop Shop, 151 Walworth
Road, London, SE17 *Vietnamese*



For more information on waste minimisation and recycling

Call 020 7525 2000, email environment@southwark.gov.uk or visit
www.southwark.gov.uk/recycle

How can you smart shop in Southwark?

We hope you enjoy using your new shopping bag! Here are some facts to make you think about the way you shop...



FACTS

- Southwark produces nearly 140,000 tonnes of household waste every year – enough to fill the Tate Modern!
- The average Londoner wastes a staggering £2,226 every year on unwanted goods and services
- Of this, wasted food forms the highest component with £442 worth of unwanted food ending up in the bin!
- It is estimated that packaging waste accounts for up to 60% of the waste stream
- The UK uses an estimated 17 billion plastic carrier bags every year. That's equivalent to over 290 bags for every person in the UK!

One area where we as consumers can take action to reduce waste is through making simple changes to our purchasing habits. By 'SMART' shopping (save money and reduce trash) we can all cut down on the amount of rubbish we create in the first place. It's not difficult, it doesn't take any extra time and it can make a very big difference. And, as the name suggests, Smart shopping can help save money too!



SMART shopping for groceries

TOP TIPS

- **Plan your meals for the week ahead**
Make a list before you go shopping. It may prevent you buying items you don't need or buying too much food that does not get used.
- **Don't be lured by special offers**
On dry goods, e.g. pasta, rice, they may represent genuine value for money but remember the 'use by' dates if you opt for a special offer on fresh produce. Are you really going to get through all of that food before it goes out of date?
- **Reduce carrier bags**
Take your own shopping bag or other durable container with you rather than use supermarket carrier bags. Think of the number of supermarket carrier bags you use and throw away over the course of a year if you pick up new bags on each separate shopping trip.
- **Bags for life**
The majority of supermarkets offer a 'Bag for life'. You pay a one off charge of about 10p for a stronger plastic bag, which can be used again and again. These will be replaced free of charge when they wear through.
- **Vote with your purse and avoid over-packaging!**
Don't forget, you're paying for the packaging as well as the food item!



• **Buy in bulk**

Wherever possible buy goods in larger containers or in bulk. Avoid multi-packs of small containers, such as daily cereal packets and orange juice in 'drink-size' containers.

• **Don't go shopping when you're hungry!**

Any food looks more appetising when your stomach is rumbling so going shopping when you're hungry may encourage you to buy too much food that you won't eat!

• **Go naked with fruit and vegetables**

Fruit and vegetables come in their own packaging and do not need any extra layers. Loose fruit and vegetables are cheaper than packaged ones and they taste much better when they haven't been stored under layers of packaging

• **Check the 'use by' dates on all the fresh produce you buy**

Always check that are not taking home items that will not last until you need them

• **Frozen food**

Make sure you get it home quickly, but always remember what you already have in your freezer. It is easy to buy frozen items and forget about them, leading to a build up that will eventually have to be thrown away.



• **Can it be recycled?**

A certain amount of packaging when shopping is inevitable but when filling your trolley, think about the recycling facilities available to you. Glass, cans, plastics, paper and cardboard can all be recycled in Southwark.

• **Buy milk the traditional way**

Have it delivered to your doorstep! That way, milk bottles are reused and you reduce your packaging waste. Visit www.milkdeliveries.co.uk for details of services in your area.



SMART shopping for household items

TOP TIPS

• **Avoid single use and disposable items**

Certain items can only be used once and often are made of materials that can't be recycled. Think about choosing items that last longer or can be reused. If your household uses nappies, consider switching to real nappies – they're less hassle than you think. Use razor blades or an electric razor rather than disposable razors if you wet shave.

• **Buy a water filter**

Refill plastic bottles with filtered water instead of buying plastic bottles of mineral water. This will reduce waste and save you money!



- **Buy goods that will last**

When buying certain goods it often saves in the long run to buy quality items that will last longer than a cheaper version. Low energy light bulbs are a good example of products that are more expensive than their conventional counterparts but save you money in the long run as they last longer and use less electricity

- **Recharge your batteries**

Consider buying a battery recharger. The latest models can recharge batteries in around 15 minutes and work out considerably cheaper than replacing batteries every time. Batteries contain toxic / hazardous chemicals. The more you buy, the greater the impact on the environment.

- **Alternative energy**

When buying electrical goods first of all try to find out if there are any devices on the market that use alternative power sources, e.g. clockwork radios, solar calculators and watches. Where possible, consider buying mains operated devices rather than battery operated ones to avoid the environmental impact of batteries. If you can only buy battery operated devices, try to use rechargeable rather than disposable batteries.

For more information on energy efficient products and where you can purchase them to the the Energy Saving Trust website at www.est.org.uk

- **Close the loop**

Buy recycled products. There is a wide range of recycled products available in today's shops and supermarkets that are wholly or partially composed of recycled materials from kitchen roll to bin bags to wine glasses. See www.recyclenow.com/buying_recycled for a comprehensive list of the recycled products available including details of suppliers.

Where to SMART shop

Locally

Reduce the environmental impact of your food by reducing your "food miles" - buy your groceries from local sources to reduce the distance and associated pollution that food generates on its travels to reach the supermarket shelves. There are some great markets in Southwark, many of which sell locally produced, seasonal food. Food from markets tends to be associated with less packaging and you can have more control over the amount of materials your food is packaged in. Tastes better too!

FOOD MARKETS

Borough Market

Borough High Street, SE1 1TL
Fridays noon to 6pm
Saturdays 9am to 4pm

Peckham Farmers Market

Peckham Square, Peckham High Street, SE15
Every Sunday 9.30am to 1.30pm

Dulwich Farmers Market

Dulwich College, Dulwich SE21 7DL
Fourth Sunday of every month



Organic delivery services

The following organisations can also deliver organic, often local, produce direct to your door. They also place an emphasis on reducing packaging and where possible make deliveries in containers that can be returned and reused.

Abel & Cole Limited

08452 62 62 62

organics@abel-cole.co.uk.

Farmaround Organic

020 7627 8066

homedelivery@farmaround.co.uk

The Organic Delivery Company

020 7739 8181

info@organicdelivery.co.uk

Riverford Organics

0845 600 2311



Second hand

Do you always need to spend money on brand new items? There are loads of charity shops in Southwark that stock a huge range of quality second hand goods from furniture to books to children's toys, at a hugely reduced cost.

When you've finished...

Even with the best will in the world a certain amount of waste is inevitable. However, think about what you do next. Does it really belong in the rubbish bin? Ask yourself....

- **Can it be refilled?**

Egg boxes, glass milk bottles, ink cartridges and detergent bottles are just some of the items that can be refilled and reused.



- **Can it be recycled?**

Paper, card, cardboard, glass, plastics, tins and foil packaging can all be easily recycled in Southwark either via the door to door collection or at one of more than 250 recycling bring sites across the borough.

- **Can it be reused?**

Ice-cream and margarine tubs can be used to store leftovers, old tights can be used as plant ties and yoghurt pots as seeding trays. See www.junk.com for more innovative ideas on how you can think about your waste in a different way.

- **Can it be composted?**

Did you know that up to a third of your household waste could be composted to produce high quality, free compost for your garden? Home composting is the most cost efficient and environmentally friendly way of dealing with organic household waste. Uncooked fruit and vegetable peelings, along with tea bags and coffee grounds, animal bedding, shredded paper and card and of course garden waste are all compostable.



It's now easier than ever to compost in Southwark and there are a number of different ways you can do this:

Home composting kits

Available to Southwark residents for only £10 which includes access to a free composting helpline and regular newsletter. For more information call 020 7252 7709.

Home composting with wormeries

Perfect for those who don't have gardens or live in flats, worms can compost very effectively in a small space as they can eat up to half their weight in waste every day and reduce the volume by 85%! Southwark Council has a limited number of wormery kits available to residents for only £5, which includes a modular wormery (plus worms) and a comprehensive handbook that explains how to use your wormery plus access to a free helpline. For more information call 020 7252 7709. Alternatively the following websites provide more information about wormeries www.wigglywiggles.co.uk, www.greengardener.co.uk, www.westcountryworms.co.uk.

Community composting

Residents on 13 estates across Southwark can participate in community composting whereby organic waste can be taken to and processed on-site. The compost can then be used within the grounds and flowerbeds of each estate. For information on participating estates, contact Community Recycling in Southwark Partnership (CRISP) on 020 7252 7709.

