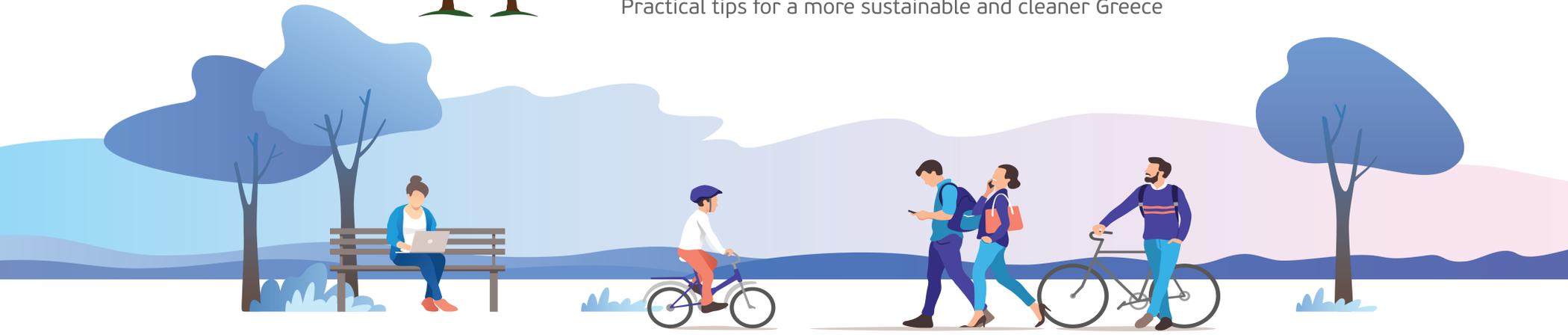




# We reduce waste, we give room to life

Practical tips for a more sustainable and cleaner Greece



### 760,000

tons of plastic waste are produced annually in Greece; just 11,3% of it is recycled.

### 40,000

tons of it leak into the environment and 11.500 tons end up in the sea.



### €26 million

annual damage to Greek economy.

Plastic waste can hurt or even kill animals, in particular birds and fish.

Plastics dissolve in microplastics, which are detected in the air, water and food we consume, threatening our health.

### >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?

### Plastic waste

- Fill a thermos or glass bottle with tap water or our own refreshment.
- Take food boxes and cutlery for multiple use.
- Ask for coffee to be served in our own cup.
- Avoid products with multiple packaging, e.g. toothpaste or glass jar with extra paper or plastic.
- Avoid using straws or choose reusable ones. (Think whether it is really needed).
- Use shopping bags for multiple use.
- Choose large packs with less packaging material.
- Buy bulk products in our own jar/container (e.g. legumes, nuts, fruit, vegetables).
- Use wax cloths or paper for food protection/transfer, instead of plastic wrap.

### Organic waste (food and green waste)

- 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.

- Choose electric and electronic devices with a long-life cycle and the possibility of future repairs or upgrades. Thus, we also save money.
- Get devices from second-hand or upgrade shops.
- Donate devices you do not use anymore to others who need them.
- 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.

- Reduce printing, prefer digital format.
- Keep files and records in digital format.
- Print on both paper sides.
- Use the back side of printed paper for notes.
- Buy recycled paper.
- 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.



Repair | Reconstruct | Reuse | Redesign | Upcycle

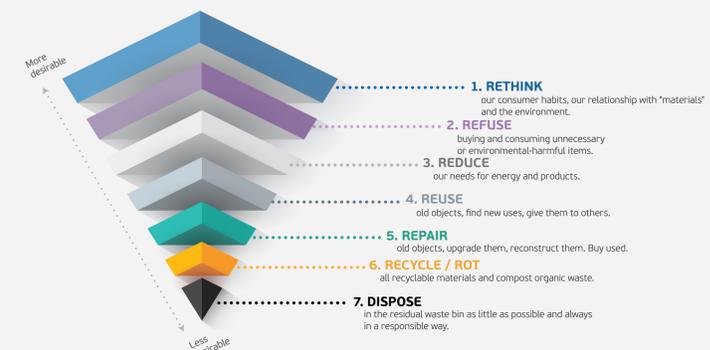
We can also donate them to friends who can use them, or to dedicated spots in our municipality, to be used by others who need them.

## 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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