



# THE BASIC 7 R'S OF ZERO WASTE

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# 1. RETHINK

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**When you are about to buy something, stop and reconsider how your action will affect the environment.**



## 2. REFUSE

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**Be a friend of the earth and carry your own organic shopping bag. Buy less and buy products that cause the least damage to the environment. Just say no and refuse disposable products.**



# 3. REDUCE

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**Make conscious choices and rationalise your consumption. Buy less, buy products that have little or no packaging and last a long time, borrow rather than buy.**



# 4. REUSE

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Instead of hoarding the many things we have accumulated over the years, we can creatively recycle them. For example, we can turn our old trousers into a bag.



# 5. REPAIR

The lack of time and sewing skills to repair things has led to us being labelled a "throwaway society". This leads to more items going to landfill and landfill. Repair instead of throwing away and join the repair brigade.



## 6. REGIFT

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When you receive a gift that you will not use, give it to someone who will use and appreciate it. Don't feel guilty about it, but make sure that the recipient will value it.



# 7. ROT (COMPOST)

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Instead of throwing all your organic waste in the rubbish bin, compost it. In simple terms, let your organic waste decompose and turn into nutrient-rich organic compost. Use this to fertilise your garden or give it as a gift to those who have a garden.







**HOW MANY OF THE 7 R'S  
OF ZERO WASTE ARE  
YOU IMPLEMENTING? IF  
NOT, START NOW!**



**YOU CAN READ THE QR CODE TO ACCESS  
OUR BROCHURE INFORMING ABOUT  
RECYCLING**



# THANK YOU



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