

# ***Laudato Si'*** **Care for our common home**



## **Theme 8: Let's increase our recycling**

Pope Francis writes “Reduce, reuse, recycle. Preserve resources, use them more efficiently, moderate consumption and limit use of non-renewable resources”.

- Up to 60% of the rubbish that ends up in the dustbin could be recycled.
- On average, 16% of the money you spend on a product pays for the packaging, which ultimately ends up as rubbish.
- £36,000,000 worth of aluminium is thrown away each year but aluminium cans can be recycled and ready to use again in just 6 weeks. Do not crush aluminium cans as the recycling machinery cannot detect crushed cans.
- Each UK family uses an average of 500 glass bottles and jars annually: glass is 100% recyclable and can be used again and again.
- Glass that is thrown away and ends up in landfills will never decompose.
- Recycled paper produces 73% less air pollution than if it was made from raw materials.
- It takes 24 trees to make 1 ton of newspaper.
- 275,000 tonnes of plastic are used each year in the UK, equal to about 15 million bottles per day.
- Most families throw away about 40kg of plastic per year, much of which could be recycled.
- Plastic can take up to 500 years to decompose.



Images courtesy of the Repair Café, Reading.

Reflection from last month: Did you help to reduce pollution? Yes/No?

**How you can help. Find out more > >**

# Ideas

## How can you recycle more?

### I will use this idea

1) **Refuse** – Everything we buy has an environmental cost. Just deciding not to spend £100 on unnecessary items can save 100kg of greenhouse gas pollution. Resist impulse buying!!!

2) **Reduce** – Cut down on the “stuff” we buy. Think twice first. When we buy a new item of clothing, shoes or toys etc., we could donate at least one item to a charity shop. Reduce the food we waste. Left-over vegetables make lovely soup!

3) **Reuse (and repair)** – Get help repairing many items including: electronics, mechanical items, computers, toys, furniture, clothing, textiles and tool sharpening.

4) **Repurpose** – This one is simple and can go by many names. You may have seen it as Upcycling, Reimaging or DIY. Simply take something you are no longer using and alter it for another more practical use.

5) **Recycle** – When you've tried everything else, it's time for the final R, Recycle.

Recycle everything you can. Anything made from metal, wood, most plastics, paper and cardboard, and electronic e-waste are all likely to have a recycling option.

6) Share your ideas with your family and friends, and on the Parish Facebook site: St James & St William of York Reading.

## Find out more ...

<http://www.reading.gov.uk/rubbish> – What can I recycle in Reading?

<https://www.transitionreading.org.uk> – Community initiative to reduce our environmental impact, with a regular Repair Café in Reading.

<https://www.1millionwomen.com.au> – How well do you know the 5 Rs above?

<https://groups.freecycle.org/group/ReadingUK/posts/all> – Non-profit movement of people who are giving and getting stuff for free.

<https://www.recycling-guide.org.uk/facts.html> – Recycling facts and figures.

<https://www.jamieoliver.com/recipes/category/course/leftovers/> – has excellent ideas for using left-overs.

<http://www.greenusesforwaste.co.uk> – For really fun, original ideas – make a skirt from old neck ties, bag from old jeans etc. ...