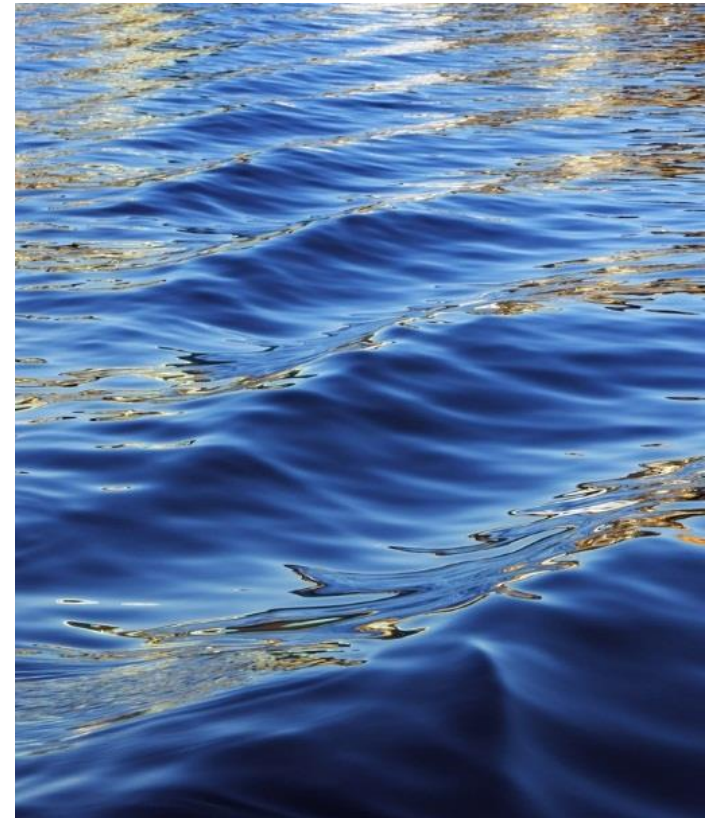


Zero Waste Kinsale

11th October 2018
Olivia and Anna Ormston
Margaret Thuillier



Contents

- Welcome
- Waste in the world and in Ireland
- Extract from the Film 'Trashed' with Jeremy Irons
- What is Zero Waste?
- Taking action



Waste has a huge impact on the water, air and the soil

- Impact on the ocean and marine life.



- Waste buried in landfill can leak and chemicals can pollute the soil. Drinking water can also be contaminated.
- Impact on the air: burning waste in an incinerator can pollute the air and the soil.



How we dispose of our waste in Ireland?

- 6 active landfills
- 2 incinerators (waste to energy)
- Urban food waste collection (brown bin) by law since 2013
- Ireland is very reliant on exporting recycling

(Latest EPA report on waste 2016 http://www.epa.ie/media/Chapter6_Waste.pdf)

And unfortunately,
sometimes this way.....



There is a solution!!!



Move towards Zero Waste

TRASHED

- Extract from the film (2012), presented by Jeremy Irons

(Zero waste part, DVD 1h16:24 – 1h21:24)

<https://www.youtube.com/watch?v=SVEfr7Tfm-g&t=4545s>

(1h14:18 - 1h19:15)



What is Zero Waste?

- Zero Waste is a philosophy that encourages the redesign of resource life cycles so that no waste is sent to landfills or incinerators.
- Practically, zero waste means applying the 5R principles:



Recycling is only in the 4th position. Recycling is not the solution to our waste problem!



So, what motivated you to come along tonight?

What one thing could you do to reduce your waste?

What are the consequences of reducing our waste

- Less litter
- Save money
- Reduction of landfill and related pollution
- Protection of marine life
- Improve your health
- Leave planet better for future generations
- Reduction of carbon emissions/ adapt to climate change
- Influence on others
- Live by your own principles
- Having fewer chemicals at home (making own products)
- Save on waste charges
- Having less stuff in house/simplicity and minimalism
- Preserving natural resources
- Avoiding human suffering in other countries (e.g. mining)
- Freeing yourself from media pressure to buy

Source: Zero Waste Educator Training
May 2018

The 5R principles: Refuse

- **Refuse** means say no to those plastic bags, free pens, hotel shampoo bottles, Mac Donald's toys, for example. It is sometimes difficult, but it is **the most important step**.



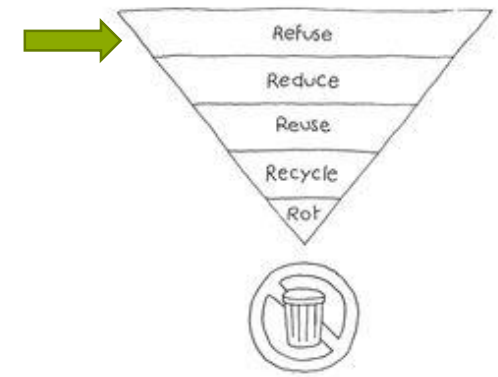
#85997641



- Ask yourself the question before buying something: Do I **really** need it or do I just want it? Free yourself from the media pressure to buy!

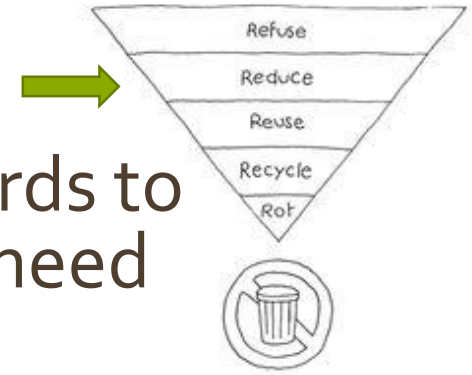
Waste in the world: reduce consumption

- In 2018, Earthshot Day was on 1st August!



The 5R principles: Reduce

- **Reduce** means to declutter your home, in other words to get rid of everything in your house that you do not need (by selling, giving away - not by throwing in a bin!)



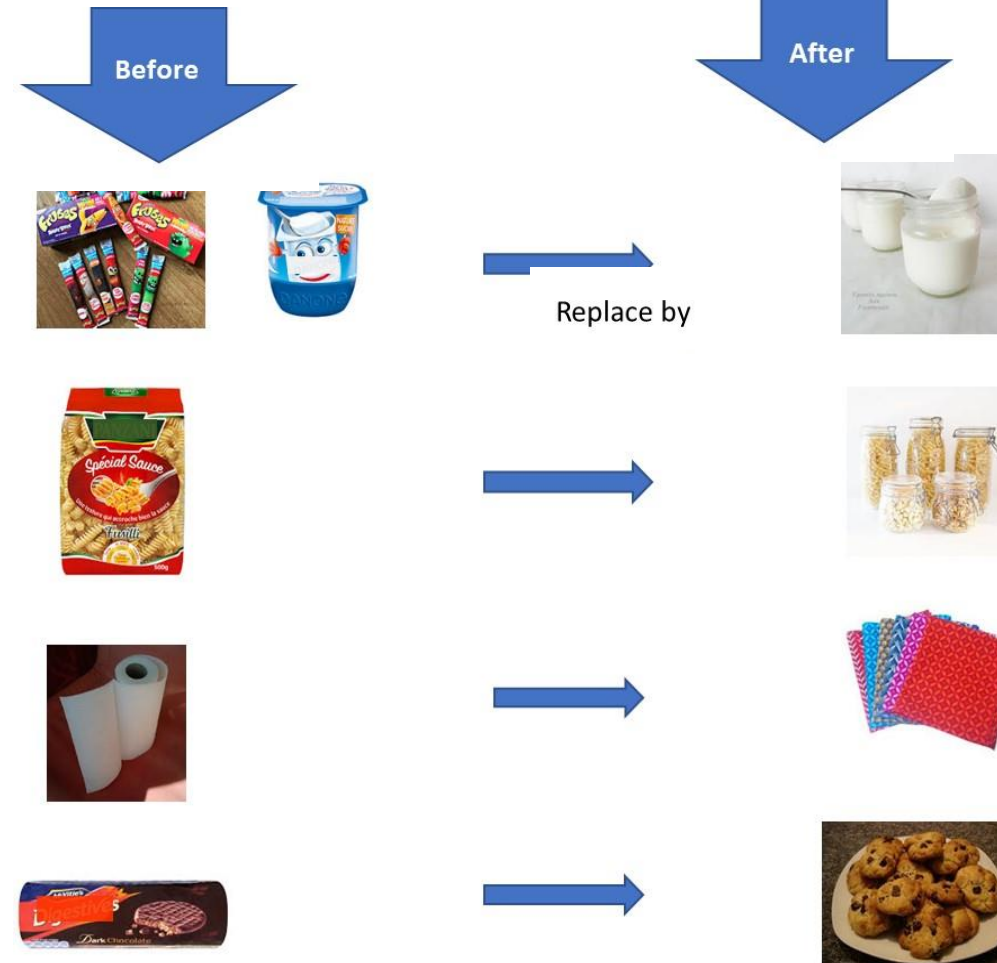
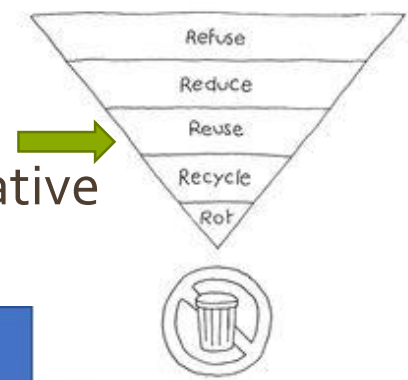
Before



After

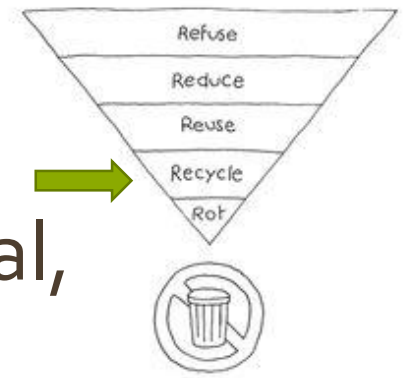
The 5R principles: Reuse

- **Reuse** means swapping anything that is disposable for a reusable alternative and buying second hand. You can save a lot of money this way.



The 5R principles: Recycle

- **Recycling** means reusing recyclable materials (metal, paper, plastic) to produce new things.



Recycling list in Ireland

Rigid Plastics



Plastic Drink Bottles



Plastic Cleaning Bottles



Butter, Yoghurt & Salad Tubs



Fruit & Veg Trays



Plastic Milk Cartons



Soap or Shampoo Bottles

Tins & Cans



Soup Cans



Pet Food Cans



Drink Cans



Food Cans

Clean,
Dry and
Loose

Paper & Cardboard



Letters and Brochures



Cardboard Boxes (Flat)



Egg Boxes



Toilet and Kitchen Roll



Newspapers



Tetra Pak Juice or Milk Cartons



Recycling List Ireland

Sep 24 at 13:00 • 🌐

Tips for reducing plastic waste in the workplace - simple swaps can make a huge difference! #RecyclingListIrl

Make the swap



Like



Comment



Share



38

Recycling is energy consuming. Products will end up in landfill at the end of the day anyway.



Recycling is not the solution to our waste problem!

The 5R principles: Rot (compost)

- **Rot** means composting (food waste, fruit and vegetable peels, etc.). It is another way to reuse waste!



TAKING ACTION: ONE STEP AT A TIME!

You have decided to ACT, GREAT!

Stay calm, relax as it will take some time.



Do it step by step.

Do not try to change everything at the same time.

ACTION PLAN – 1st STEP

Scan your bin over a week:

- What is in both your bins - waste and recycling?
- Did you need each item?
- Which item would be the easiest to eliminate?
- Write your action(s) down



ACTION PLAN – 2nd STEP

Try to find an alternative for single use items. Replace single use items by durable items.

Start with our shopping



#85997641



Local solutions

- Find suppliers / shops that will accept your boxes or bags:
 - Farmers market
 - The Refill Station, Kinsale farmers market
 - Farm like Gort na Nain Farm (Vegetable Stall with honesty box), near Nohoval
 - Butcher / fish shop / Koko of Kinsale in Kinsale accept boxes. Already tested!
 - Buy loose fruits and vegetables in supermarkets. You can use a cloth bag for fruits/vegetables/bread in Lidl and SuperValu
 - The Market Garden
 - Murphy's Grocer
 - Mylie Murphy, The Green Room
 - Bulk / Zero waste shop like The Twig in Clonakilty
 - English Market, Cork

In the kitchen

- Only buy the food you need, a meal plan may help you to reduce food waste.
- Learn to cook leftovers.
- Grow your own, even your own herbs.
- Buy quality kitchenware.
- Compost!



Try to grow your own!

Small garden, estate in Kinsale, 2018 – 40 m²



Some of the 2018 produce!



The children

- Involve your children / grandchildren. Tell them what you are going to do, why and how. You will be amazed how easily they will change their habits.
- Ask them to find solutions to avoid waste: make it a game!
- Toys, clothes: why not buy second hand?

Taking action – Anna



THE SEA+ME

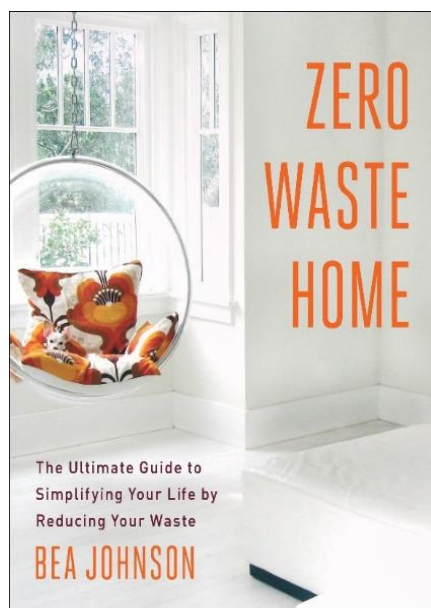
FAMILY BEACH DAY OF
Learning + Fun

Watch, learn and participate in
activities that show the value of
our marine environment, the
threats posed by plastic
pollution and all the solutions
people can be part of

**4pm-6pm
September 16th
DOCK BEACH**



Conference Bea Johnson –
Cork September 2017



My lunch box - Anna



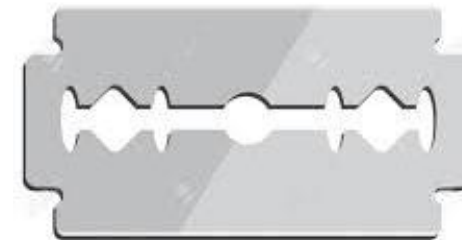
Take away/picnic



Dinos in Kinsale
accepts glass
boxes. Tested!



In the bathroom: keep it simple!



In the bathroom: keep it simple!



DIY

- Reduce the number of cosmetics and hygiene products you use, make your own!

Example: laundry detergent



30 g



1 tsp

Backing soda



1 l



1 l

It is cheaper than buying detergent !

Buy less!

Buy second hand: clothes, furniture, equipment
Use Donedeal, FB buy and sell groups



Exchange children's clothes

Borrow, share, repair, upcycle

Follow up

- Facebook group: **Zero Waste Kinsale**
 - Sharing ideas, tips
 - Sharing local places that help you to apply your zero waste principles (bulk shops, farmers, farmer's market, charity shops, FB group, ...)
 - DIY, recipes
 - Sharing articles on Zero waste and its impacts on the environment
- *Meet again in a month?*

THANK YOU!