

LESS STUFF

REDUCE, REFUSE, RE-USE, RECYCLE



LIVE THE DIFFERENCE NOW

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What you can do:

REDUCE

"Experientialism doesn't mean giving up all our possessions, it means getting over our obsession with them, and transforming what we value. Focus less on possessions and more on experiences. Rather than a new watch or another pair of shoes, invest in shared experiences and time with friends."

JAMES WALLMAN, *Stuffocation* (Penguin)

BE INSPIRED BY

ROB GREENFIELD robgreenfield.tv
ABC's WAR ON WASTE waronwaste.com.au
becomingminimalist.com

REFUSE

So much unnecessary stuff can be refused -

1. Plastic wrapped produce - just buy loose produce & goods! Look for products with minimal packaging - refuse to buy over-packaged items, buy items in cardboard rather than plastic.
2. Single use items - straws, cutlery, plastic take-away containers & bottled drinks (take your own containers to fill & a reusable bottle), plastic bags etc, etc, etc - convenient for you maybe, but totally unsustainable & polluting!
3. Take away coffee/tea cups - take your own!
4. Refuse to find happiness in a shopping mall!

Facts

- Australia's household debt to income ratio is now 2:1 meaning we're all spending too much!
- 70% less energy to produce recycled glass bottles compared to new ones
- 75% less energy to produce plastic products from recycled soft plastic than virgin plastic
- Reduce your general waste by 80% by composting & recycling

Scale jumping:

You could scale up this action by -

- Joining or setting up a swap cooperative or event - check out localharvest.org.au, communityexchange.net.au
- Bartering skills, services & goods - check out u-economy.com/barteraustralia

RE-USE

1. All containers & packaging that cross your path
2. Clothing - pass it on if you have grown out of or tired of it, sell it, swap it, donate it. Look at swop.net.au. Or cut up old cotton clothes to use as rags.
3. Reusable menstrual products - a conventional menstrual pad = 4 plastic bags! Around 20 billion tampons/pads go to landfill each year! Switch to washable menstrual underwear & moon cups - look at modibodi.com, juju.com.au & choice.com.au
4. Get creative - really, what can't be re-used?!

"Think waste-free living is depriving, time consuming, costly, or reserved for hermits? Think again! My family and I have debunked those misconceptions. Join us and 100s of 1000s of others enjoying a richer life based on experiences instead of stuff!"

BEA JOHNSON, Zero Waste Home

RECYCLE

1. When you can't avoid soft plastic packaging you can at least recycle it - collect soft plastic bread bags, dry goods packets, chip packets, confectionery packets, plastic bags etc & take to your local council recycling centre or *REDcycle* participating supermarket. These are recycled by companies such as Replas into longlasting, recyclable street furniture, decking, bollards & signage - replas.com.au
2. Compost - recycle your food scraps back into the soil & grow your own food.
3. Recycle all glass, plastic bottles, cardboard & paper. Use the Return & Earn program to recycle & earn cash! Check out recyclingnearlyou.com.au

