

AVOID, REUSE, RECYCLE

Can we all waste less? The simple answer is YES!
But it will take a lot of effort on everyone's part – and that's where you come in.

THE THREE Rs

This diagram is called the waste pyramid and shows the ways to deal with waste, starting with the best at the top down to the worst at the bottom. Its key stages – known as the three Rs – are an essential part of your Guardian training.

- This will get you an A* in Home Heroism. The best way to tackle waste is to use fewer things, and to avoid using some things altogether.
- Reusing something is a good Guardian way of behaving. You are not consuming extra resources and you're keeping an item out of landfill.
- This is a great way to help the planet, but it's not perfect. Although recycling saves resources, it also uses energy.
- As a Home Hero, your mission is to reduce waste as much as possible. Only throw something away if you're sure it cannot be reused or recycled.

