

# REUSABLES TO THE RESCUE



Reusable items can be used again and again, helping you to reduce the amount of single use items that are wasted.

## What are reusable items?

Reusable items can store your food or drinks and are designed to be used more than once, such as a tote bag or a glass jar. You can make your own reusables by re-purposing old items that you have at home, or investing money to buy them new.



## What reusables can I use to reduce my waste?

### Budget items

Budget reusables are items that you can find at home or buy at a low-cost, such as *glass jars or containers*.

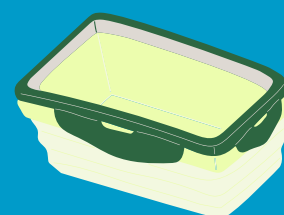
#### You can find reusables on a budget by:



Saving empty glass jars or containers that you would usually recycle for later use.



Asking family or friends if they have any spare items lying around that they could give you to re-use.



Visiting a second-hand store — they usually have a wide range of different reusable items at a low cost!

### Investment items

Investment reusables are items that you should only buy once and keep for a long time, such as a *stainless-steel water bottle*.

#### Before you invest money in a reusable item:



Think about how you can use the one item for different purposes to get the best use out of it.



Make sure that the item is strong enough to last and suitable for what you intend to use it for.



Try and find what you are after in stainless steel or glass instead of plastic.