

Environmental Myth Busters 11

"As long as I finish my plate, I'm doing my bit for the environment"

A recent study found that Australians throw out more than 20% of the food they buy to eat – a terrible environmental outcome. At Parliament House the other significant environmental impact of buying food is the immense volume of packaging waste. Fortunately, there are easy ways to minimise impacts.

Tip: use your own cup or mug for takeaway coffee

1 Using your own mug is better for the environment than using a takeaway cup, even if you recycle it. This is because you save the resources needed to make the paper and plastic for your takeaway cup, as well as the impacts of recycling the cup or disposal to landfill.



Tip: recycle or reuse takeaway food containers



2 ALL takeaway containers from Aussies or the staff café can be recycled! But even better than recycling, is reusing them. Reusing containers conserves the resources that would be used to process the recycled materials and cuts down on waste.



3 Put these containers in a co-mingled recycling bin. If they are made from paper or cardboard, then they can also be put in a paper recycling bin. Co-mingled bins are now available in the staff café – just look for the blue liners.

4 If you don't have a recycling bin in your suite and would like one, then please email dps.environment@aph.gov.au.

5 Outdoor recycling bins will soon be put in both the Aussies and staff café courtyards.

Tip: avoid using disposable cutlery

6 Plastic cutlery is not recyclable. If you are taking food back to your office or suite to eat, please use non-disposable (eg steel) cutlery. If you are eating out, consider taking your cutlery with you, or wash and reuse plastic cutlery.