

Stop throwing your money away! Save £700 a year...

Find out how inside!



Also inside:
Your bin
collection
calendar for
2022/23



For more information visit: www.recyclebwd.org



Wasting food is costing you up to **£700** a year!



Latest figures show that almost half of what goes in your green bin is food.

Shockingly more than half of that is edible!



We've carried out new research across Blackburn with Darwen which shows that **11,000 tonnes** of food is being thrown away every year. That's the same weight as around 2,000 adult elephants!

PRIZE DRAW



Complete our survey to be in with a chance to...

Scan the QR code now to find out how you can take part and help make a difference!

**WIN
£700**

Now, we're challenging you! 'Think Food' and 'Stop Waste'



It's costing households in BwD - including yours, your family and friends' - around £60 a month... that's **£700 a year!**



On top of that, we're having to spend a further **£750,000** of your Council Tax every year disposing of it.



Start today - turn the page to find out more about 3 easy steps you could take to reduce food waste!



Making small changes can also help **improve your health** and the health of those you live with!



Page 12: Your bin collection calendar



Start saving food and money today using these 3 top tips!



1. Stop before you shop!

Meal planning is one of the best ways you can reduce waste and save money on your food bills.

Start by checking your fridge, freezer and cupboards and try to use up what you already have.

Make sure you write a list and try to stick to it.

2. Keep it fresh!

Visit www.recyclebwd.org to find out which foods last longer in your fridge.

Be sure to regularly check the dates on things like fruit, veg and fresh meat/fish to help save them from the bin.



To keep food in your fridge fresher for longer, be sure to set it below 5°C.



3. Love your leftovers!

Use your leftovers to create delicious meals. If you have some dinner left in the pan and it can be re-heated, put it in a freezer bag and pop it in the freezer as a 'ready meal' for one.

Know your dates!

Best before

With this date, we advise you use your judgement. If the food smells and looks ok, it's usually still ok to eat!

Use by

It is recommended not to eat food after this date. Always look out for a use-by date and be sure you can eat the food before it goes bad.

Meat-free Mondays!

We're facing a climate crisis!

Blackburn with Darwen Council declared a Climate Emergency in 2019 and is committed to being carbon neutral by 2030. Some of the ways you can help make a difference include reducing food waste and recycling what you can.

If you regularly eat meat, you could also consider Meat-Free Mondays or try having at least one meat-free day a week. Research shows that could have more beneficial effects than reducing car journeys!



Why not give it a go?



Take part in our new food waste survey!

WIN £700

How would you spend £700?

Perhaps on a trip away, treats for all the family, on jobs around the house or towards your bills?

Every year, households like yours across Blackburn with Darwen are throwing away £60 of food a month – that's more than £700 a year!

We want to find out why and what we can do to help and so we've launched a new survey as part of our 'Think Food,' 'Stop Waste' campaign.

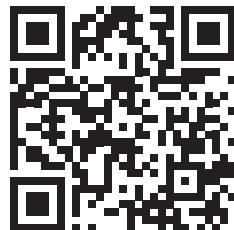
Visit: www.recyclebwd.org.uk and take part now.

Once completed, you can opt to be entered in to our **free prize draw to win £700!** The prize has been sponsored by our waste partners, SUEZ recycling and recovery UK.

You'll also receive top tips on reducing the amount of food – and money – you're throwing away.

Enter Now!

Scan this QR code:



For more information visit: www.recyclebwd.org

Your quick guide to what goes where!



Clean plastic containers, cans, bottles & jars



**Please rinse
and squash**



RED RECYCLING BIN



**No
polystyrene
- put in the
green bulk bin**



No paper or cardboard



Food waste, nappies, polystyrene, plastic bags & general waste



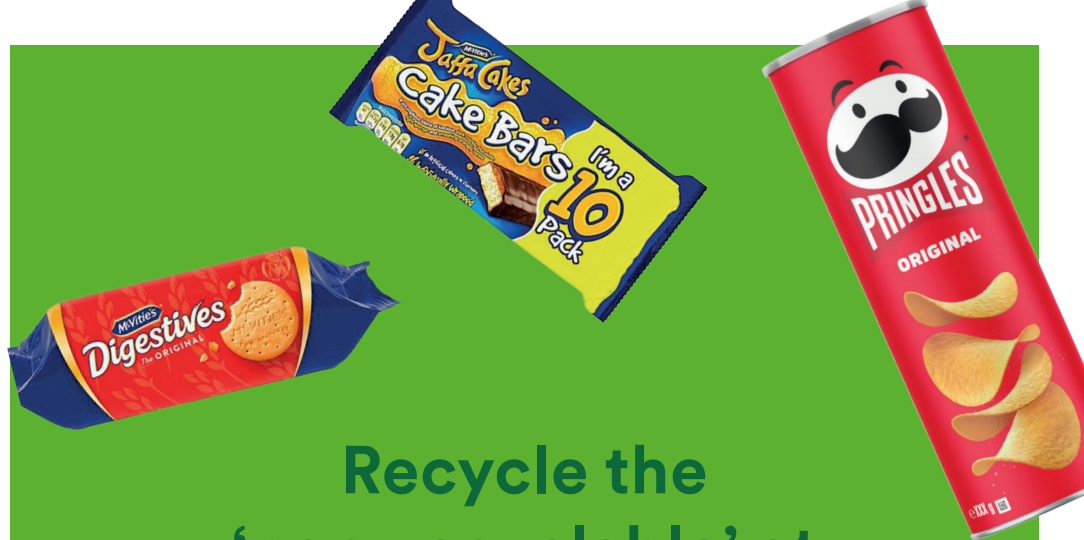
Pizza boxes



Takeaway trays



No paper or cardboard



Recycle the 'non-recyclable' at Blackburn and Darwen Recycling Centres

Learn more at
recyclebwd.org/terracycle/



For more information visit: www.recyclebwd.org

Your guide to what goes where



**BLUE
RECYCLING
BIN**

**CLEAN, DRY
CARDBOARD
& PAPER
ONLY**



**RED
RECYCLING
BIN**

**Please
rinse and
squash!**

**CLEAN
PLASTIC
CONTAINERS,
CANS,
BOTTLES &
JARS**



**GREEN
RUBBISH
BIN**

**FOOD WASTE,
NAPPIES,
POLYSTYRENE,
PLASTIC BAGS
& GENERAL
WASTE**



Visit www.recyclebwd.org

Our hard working Environment Team is here to help you! It is likely that if you have an issue about waste, recycling or cleansing, you'll be able to quickly report the issue online.

Remember - bins must be out by 7am on collection day

For more information visit: www.recyclebwd.org