

## REMEMBER the 4 'Rs' of Waste Management !

**Reduce** – Cut down on the amount of waste you produce everyday. Composting is a great way to use kitchen and yard waste to produce a useful product (compost) which can be used to fertilize our garden soil.

**Reuse** – We can sometimes make use of items for a longer period of time and for other purposes than they were initially intended, for example reuse cardboard boxes to store items such as toys, books, decorations, etc.

**Recycle** – Recycling is different from reusing, as it involves the breakdown of a material to make something completely new. For example, cardboard is recycled to make paper and plastic bottles are recycled to make bags or other plastic products.

**Refuse** — As much as possible, indicate to others your preference such as not accepting a plastic bag for something you buy at the store. Also 'refuse' to buy products that are imported and buy local, organic products instead. They are better for your health and the environment.

## INTERESTING FACTS

Waste is always the end product of any activity, either in large or small quantities, from industrial or household sources. Here are some amazing facts about waste!

- An estimated 60-80 percent of all marine debris (litter found along our coast and in the oceans) originates from activities on land.
- On average, each person throws away seven times their body weight in rubbish every year.
- 1 litre of oil can pollute 1 million litres of fresh drinking water.
- Plastics cannot be broken down naturally in the environment. It remains there for hundreds of years.

**Guyana's Constitution (with its amendments), states in Article 25 that:**

*"Every Citizen has a duty to participate in activities designed to improve the environment and protect the health of the nation".*

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## WASTE MANAGEMENT AND YOU



**We all have a role to play in keeping our  
environment clean!**

## WASTE - ALL AROUND US!

The health of our environment is often a good indicator of our own health. Waste management, if not effective, can destroy the environment and increase environmental health problems.

Waste is a fact of life and is continuously being generated on a daily basis – in our homes, at school, at work and all the other activities that have become a routine part of our lives. The amount of waste generated from our everyday activities can be mind-boggling. This makes waste management very important, especially in urban areas where more people, businesses and industries are concentrated.



We must manage our waste in an efficient manner if we are to have a safe and healthy environment!

Remember - THINK GLOBALLY and ACT LOCALLY! The entire human race shares the same home—the Earth!

## HOW CAN WE MANAGE OUR WASTE ?

1. Take your shopping bag to the store/market.
2. Reuse plastic bags and bottles .
3. Choose cloth diapers over the disposable diapers.
4. Buy in bulk instead of individual packets when appropriate.



5. Print/Photocopy on both sides of paper.
6. Use calendars that have one-sided prints to make scrapbooks to use at home or at work.

7. Buy local products - these would usually have little to no packaging.
8. Keep gift paper at birthdays and Christmas gift exchange to reuse.



9. Buy glass bottle drinks when appropriate to avoid plastic bottles.

10. Donate clothing and toys that you have outgrown to an orphanage or charity.

11. Buy rechargeable batteries.

12. Use kitchen and yard waste to make compost for your plants!



## COMPOSTING IS SIMPLE!

Composting is an excellent way to help manage waste usually collected in our kitchen and yard.



Through the natural process of decomposition our kitchen scraps such as egg shells, vegetable ends, fruit peels, etc result in the formation of 'compost' - a nutrient-rich crumbly earthy material.

### Benefits to composting:

- Using compost rather than chemical fertilizers is best for the environment.
- It is cheap and easy to do
- It retains lots of water which is great for gardening in not so ideal conditions.
- It reduces the amount of waste that ultimately reaches

the landfills which means more land can be saved.