

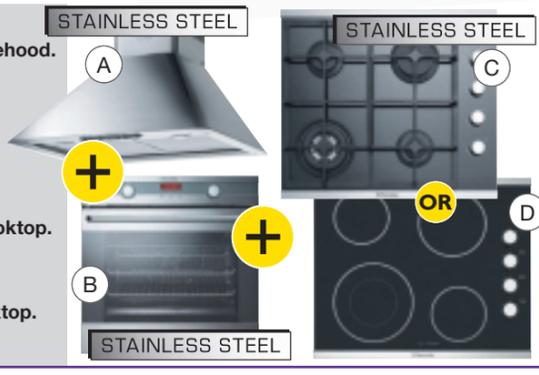
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## NEWS

# A bin win program

MORELAND Council has been running the Zero Waste Challenge this month. The program challenged residents to put no rubbish in the bin for a week, with recycling and composting allowed. Mayor Stella Kariofyllidis took part, keeping a diary as she went.



Mayor Stella Kariofyllidis on a recycling week challenge. N15CO895

**DAY 1: Monday (November 8)**  
 My compost bin is in the garden ready for my kitchen scraps and I have my Keep Cup in my bag (for takeaway coffee).  
 One of the things I have realised since signing up for this challenge is how many of the products I buy come wrapped in plastic. The soft plastics you would find your pasta, rice and bread in can't be recycled. Only rigid plastic containers, like bottles and margarine tubs, can be recycled.

**DAY 2: Tuesday**  
 So far there is nothing in my rubbish bin! Taking this challenge has made me realise that living a zero waste lifestyle is easy really - as long as you are prepared. All it takes is a bit of forethought and preparation to take your own bags along and spare the planet from more plastic bags clogging up drains, littering streets and parks and getting out to sea where

they can kill sea birds, whales, turtles and seals! Today I used my Keep Cup for the first time and avoided having to accept a takeaway cup.

**DAY 3: Wednesday**  
 Today I spoke to a friend who told me she heading down to the CERES shop where you can take your containers to refill. I asked if she could pick me up a few things and I was delighted to receive a whole range of goods on offer that I would generally buy in plastic packaging at the supermarket. I got pasta, rice, almonds, lentils and oats... all quite affordable.

**DAY 4: Thursday**  
 I have never composted

before and had always thought it sounded too difficult. I found out how to do it properly by getting some useful advice on what can go in the compost bin and what can't. The key is turning it regularly and adding dry materials with your food waste.

**DAY 5: Friday**  
 So far have only had to use my bin for a few plastic bags from goods I brought before I started the challenge. Today the council is hosting a Big Aussie Swap Party at Brunswick Town Hall. The idea of the swap party is to keep goods circulating and being used when they are in good working order, rather than sitting in a cupboard.



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