

————— Towards —————

**ZERO WASTE**

for

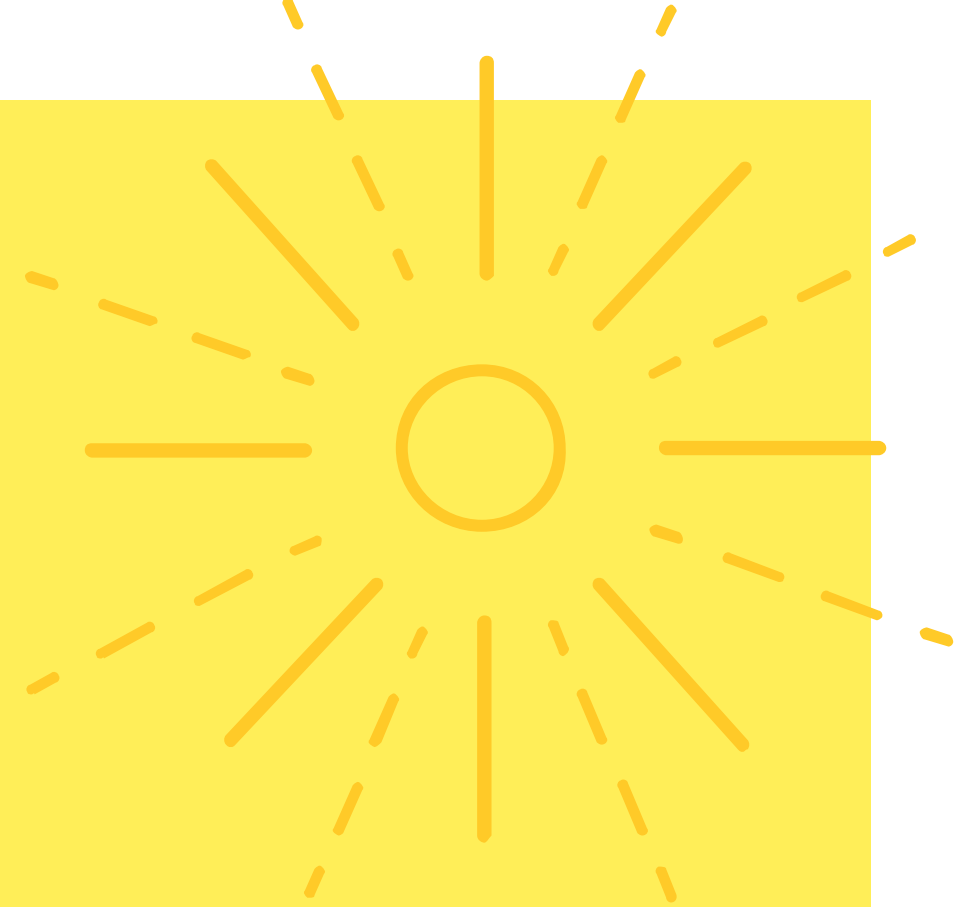
**LAUNCESTON**

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The creators of this booklet would like to acknowledge the traditional custodians of the land, the palawa people, and their ongoing connection to the land and sea. We would like to pay our respects to the elders past, present and future.

# Why Waste?

Managing waste is not just about you or myself. It is about our community, economy and environment.



As living beings we are constantly producing waste.

But the way we think about our waste can change!

Everything has the potential to be something else; from that old rake to that worn elastic hairband. Sometimes it can be difficult to see that potential on our own. But with a little help we can all start our very own waste journey.

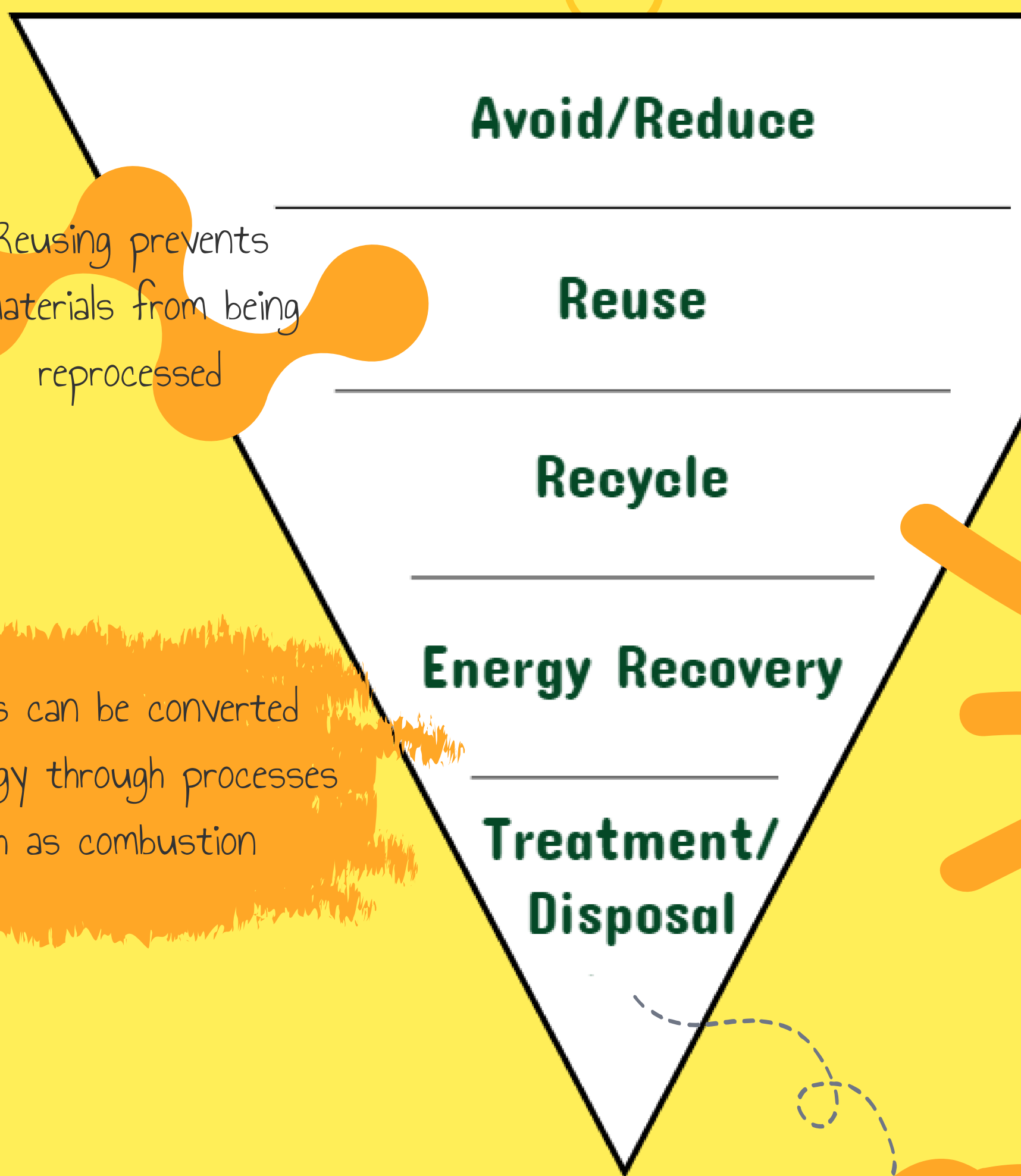
We owe it to ourselves, our neighbours and these little guys.



EcoBrick Project West Launceston Primary School (Education for Sustainability participating school)

# Inverted Pyramid

## The Waste Management Hierarchy



Reducing unnecessary consumption maximises the efficiency of this process - if there is less waste then there is less processing involved overall

Reusing prevents materials from being reprocessed

Materials can be converted into energy through processes such as combustion

Materials can be processed to create alternative products

As a last resort some items like hazardous chemicals have to be properly treated and disposed



Check out the EPA website for more information on the Waste Hierarchy



Find out how you can help avoid/reduce and reuse waste with these resources from REthink Waste Tasmania



# Recycling

Contamination is one of the biggest challenges to effective recycling which is why it is incredibly important to always ensure that recycled goods are washed or cleaned.

## Did you know?

In Tasmania, you should remove your plastic bottle lids before recycling as the small caps are not able to be picked up by plastic sorting machines.

### Kerbside Recycling Bins accept:

- hard plastic containers (caps removed)
- glass bottles/jars (lids removed)
- aluminium, steel and tin cans
- aerosols
- paper
- cardboard

### Kerbside Recycling Bins NEVER accept:

- electronic waste
- soft plastics
- food scraps
- clothing
- medical waste
- waxed cardboard



See here for more comprehensive advice on how to recycle correctly



# Recycling Quiz

**You decided to try out soy milk as a dairy alternative but you're not sure which bin to put the empty carton in?**

- a. clean and place in the recycling bin
- b. clean, squash and place in general waste
- c. clean, squash and deposit at the Launceston Waste Centre

**You use some aluminium foil to keep your food warm and afterwards have no idea how to dispose of it?**

- a. place it in general waste
- b. clean and place in recycling bin
- c. clean, scrunch into a fist-sized ball and recycle

**You eat a packet of tim tams and are not sure what to do with the outer plastic sleeve?**

- a. place in recycling - it's plastic right?
- b. take to your nearest REDcycle Centre (Coles or Woolworths)
- c. place in general waste

## ANSWERS

b. or c. - Tetra Pak containers are made out of a mixture of materials including plastic, cardboard and aluminium and cannot be recycled in the kerbside recycling system.

c. - Aluminium foil needs to be clean and scrunched into a ball to allow machines in recycling centres to detect them

b. Soft plastic (plastics you can crush into a ball in your hand) need to be recycled through a special system called REDcycle





# Waste Facts

In 2017, the Launceston city Council introduced a new organic waste system which enabled....

# 6000 t

of organic waste to be processed through the FOGO system in the last financial year which prevented....

# 12 000 t

of Greenhouse Gases from being produced!

But at full capacity, the FOGO system can process....

# 15 000 t

of organic waste.

Just think how much more Greenhouse Gases we could prevent from entering the atmosphere!

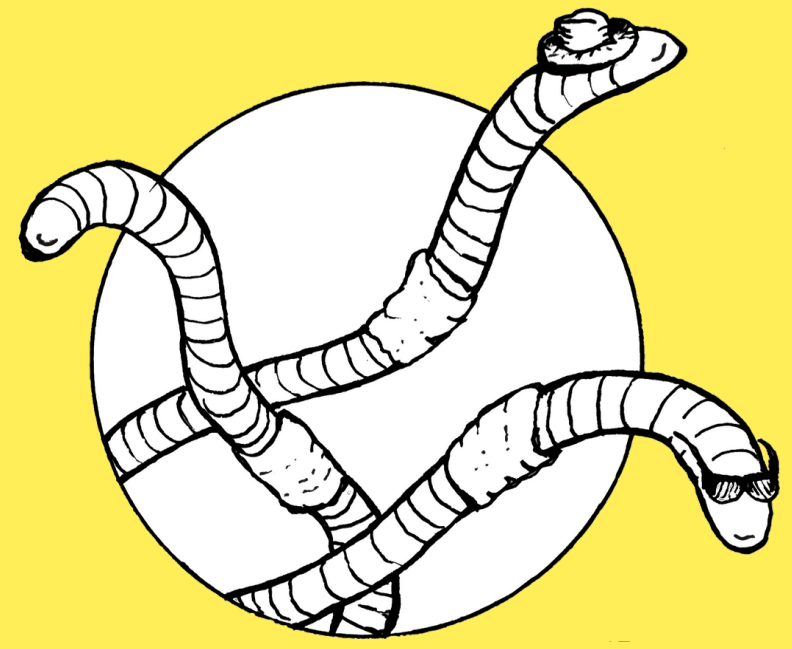


The most earth-friendly solution is to create your own compost/vermicompost in your backyard as a closed loop system and use this nutrient-rich fertilizer to grow your own food! It is healthy and fun! Give it a go!

Click [HERE](#) to order your own FOGO bin and kitchen caddy



# Worms



Worm Farms are an excellent way to use household waste creatively. Don't be disheartened if you live in an urban area either - worm farms can easily be managed in small spaces and if you are taking care of them well, shouldn't smell at all! You will need some sort of container, some sort of screening material, newspaper, water, worms and of course - scraps! You will need special types of worms either *Lumbricus rebellus* (Redworms) or *Eisenia fetida* (Red Wigglers).

As seen in the diagram to the right it is important to provide a layer of paper or dry material for bedding, followed by a mixture of soil and compost before adding food scraps. You should have a large amount of vermicast within 2-3 months.



Acidic foods like garlic, onion and citrus are best in the compost rather than the worm farm as with meat and dairy products, You want to create the best soil conditions for your worms as possible. This means also keeping temperatures quite mild during summer by providing shade and adequate aeration and also keeping the soil moist with a damp cloth. In winter, cover to insulate from frost.



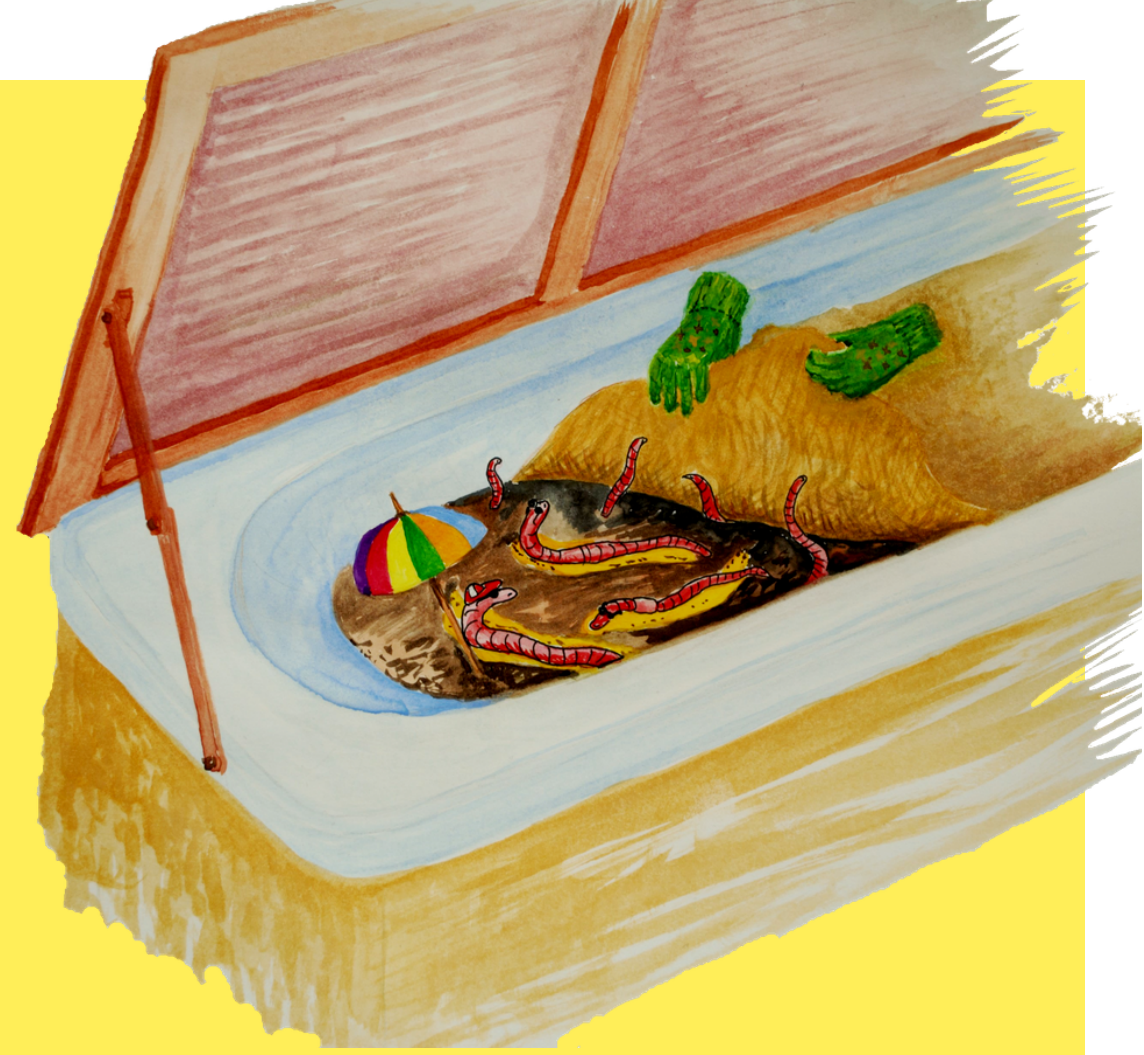
It's real important for us  
to not be Too chill

Check out this Ecobrick insulated Bathtub Worm Farm for some cool ideas on how you can make your own worm farm.





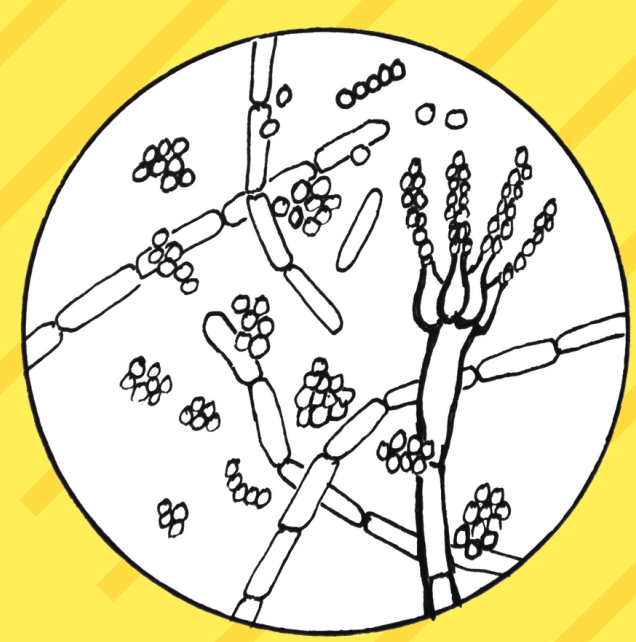
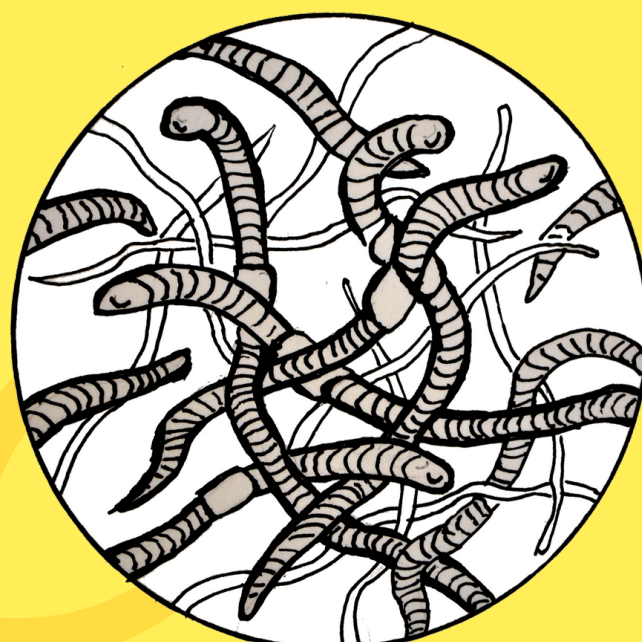
# Worm Farms



## VERMICAST/WORM HUMUS

def. [N] the final product of your vermicompost - a natural and super effective fertiliser. The golden fruits of your worms' labour.

A vermicomposting system is an organic way of sourcing fertiliser and keeping our little worm friends happy and healthy. Vermicomposting quickens the natural process through which a diversity of worms, fungi and bacteria normally degrade organic material by concentrating the number of worms processing your organic waste. The final product is a cast abundant in nitrogen, phosphorus, potassium and so many different micronutrients - how exciting is that?



The world is a stage and if the stage were made of soil well then bacteria, fungi and worms would find themselves the stars! Microorganisms are absolutely critical to the composting process from bacteria, to mould to yeast. Pillbugs, centipedes and worms are critical in the process as well. The diversity of organisms in these piles are difficult to conceptualise but when you're holding a handful of golden vermicompost, worm tea or good old plain compost then remember all the energy and time these little critters put in to help create the final product - soil!



Click on this link to check out a tutorial from Jo at Gentle Footprints on how to make a Worm-a-bago and get some beautiful vermicompost into your garden.



# Composts



## Compost Home Recipe

### INGREDIENTS

1 (or more) compost bin

A well drained area with some shade

Some coarse materials such as:

- twigs
- mulch

Some garden clippings

Some organics (kitchen scraps)

Some dry leaves

Moist paper

Some water

Some soil

### METHOD

1. Situate your compost bin or tumbler in a well drained/shady area
2. Layer your coarse brown materials for some aeration (around 20cm high)
3. Then add 20cm brown organic material (ie straws, leaves, shredded paper, dried grass)
4. Sprinkle with a spade full of soil and add water, enough to moisten like a damp sponge
5. Sprinkle a fine layer of wood ash and crushed eggshells too!
6. Add 10cm of kitchen scraps/freshly cut grass/chicken manure
7. Add alternate layers until the heap is 1 cubic metre
8. Cover with soil and turn every five days for a fast, hot compost system



# Swap not Shop

## What is it?

Swap not Shop is a movement away from constant consumption. The idea reflects traditional bartering systems and encourages participants to exchange items such as say, eggs their chickens have laid, with sawdust for their garden.

## But why?

The production of any material or item from scratch requires MASSIVE amounts of energy, water and labour. Just think about how quickly clothing trends change! This fast-paced production comes at the cost of the environment, our health and the livelihoods of many different people. Swap not Shop setups allow communities to come together and trade items they may no longer need or want for other items someone else may possess. It means items are being reused and repaired and a small circular economy is being achieved.



The Northern Suburbs Community  
Centre has already established a Swap  
not Shop area!

Come check it out!

# DIY SWAP NOT SHOP FLYER

Introducing...



\_\_\_\_\_  
(YOUR SWAP NOT SHOP NAME)

At...

\_\_\_\_\_  
(YOUR SWAP NOT SHOP ADDRESS)

On...

\_\_\_\_\_  
(YOUR SWAP NOT SHOP MEET DAYS)



\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





Sponsors



The background is a solid yellow color. It is decorated with stylized line art in a slightly darker yellow shade. The art features several leaves of different shapes and sizes, some with prominent veins. There are also flower-like shapes, including one in the top left with multiple petals and a central stem with small circles, and another in the top right with a long, thin stem and several small circles. The bottom of the page contains a block of text in a dark grey, sans-serif font.

Original illustrations by Gordon Paul and Joanna Dobbs  
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