

Junk mail

Junk mail - this is often a waste of resources and you do not have to receive it. To stop unwanted junk mail call the Mail Preference Service on **0845 703 4599** or visit their website **www.mps-online.org.uk**.

You can also contact the Royal Mail junk mail service to request an opt out form by e-mail at optout@royalmail.com or by post to Freepost RRBT-ZBXB-TTTS, Royal Mail Door to Door Opt Outs, Kingsmeade House, Oxpens Road, Oxford OX1 1RX. Alternatively recycle it in your nearest paper bank, BUT please remember to remove all plastic packaging.



Milkman

Consider using your local milkman. They're an endangered species but can really help minimise waste if they use and re-use glass bottles. Do not put glass milk bottles in the bottle bank as they are made from toughened glass. Please rinse and return to your milkman. They can be recycled up to 30 times by the dairy! Aluminium milk bottle tops can be placed in the can recycling banks. Aluminium can be recycled over and over again saving natural resources and energy every time!

Nappies

Over 8 million disposable nappies are thrown away every day!! On average each child will use 5,850 disposable nappies in their lifetime most of which end up in landfill taking up to 500 years to decompose. The alternative is to use washable re-usable nappies.

Using cotton nappies can save you between £400-£600 from birth to potty training.

They're easy to use! Modern cotton nappies fasten with Velcro so there's no need for pins, they can be machine washed at 60°C, and the biodegradable liners can be flushed down the toilet.

There are many styles of nappies to choose from and nappy laundry services are also available.

Warrington Borough Council offers a discounted cotton nappy 'Starter' pack and an introductory offer to the nappy laundry service. For more information call **Joanne Petty on 01925 442604**.



Eco Teams

Eco teams bring together a small group of households. They share ideas and support each other in making step changes over a few months that reduce their environmental impact. Why not start your own Eco team and make a difference!