14 TIPS FOR LESS WASTE

WASTE PREVENTION IN THE KITCHEN

Buy loose fruit and vegetables instead of plastic-wrapped produce. And don't forget to take your own reusable cloth or net bags instead of relying on the disposable plastic variety.

Buying regional produce at farmer's markets is even better. Besides avoiding the plastic waste found in supermarkets you also support small, local businesses and prevent carbon emissions related to the transport of goods.

If you're more of a tea drinker, rather than use a bag, fill up a trusty infuser with your favourite tea. Invest in a high-quality stainless steel lunch box and refrain from using plastic boxes or even sandwich paper.

Avoid coffee pods. They produce lots of waste and are more expensive than fair trade filter coffee. There's even a sustainable alternative for filter bags: Reusable filters made out of FSC certificated wood.

If washing dishes by hand use a plant-based brush instead of a plastic one. Look out for the versions with detachable brush heads. These cost around the same as the plastic equivalent and you won't have to replace the whole thing when the brush wears out.

When making ice cubes use a stainless steel tray instead of plastic bags.

Planning on throwing a party? Don’t use plastic dishes! Go for compostable, plant fibres alternatives. Not only are these environment-friendly, they also look much better!

Avoid using aluminium foil and cling film. Both are unhealthy and wasteful options. Put your leftovers in storage boxes, pre-loved Tupperware, mason jars or just leave it on a plate and put that in the fridge. This will save you money in the long run.

You might want to check the quality of the tap water in your area. In some countries the tap water is just as good or even better than store bought mineral water. Ask your municipal utilities for advice.

When it comes to kitchen utensils in general you should always opt for wooden or stainless steel versions.

Use drinking straws made of paper, glass, actual straw, grain or stainless steel instead of plastic.

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If you can choose between buying a product packaged in plastic or glass, go for the glass. You can reuse glass jars for storing other foods, like spices.