



The Art of Sustainable Living: based on the principles of One Planet Living

1. ZERO WASTE: film script

Welcome to the Art of Sustainable Living, with Melanie Rees of the Green Centre. This month we are looking at the first of the One Planet Living principles, and the only one in the **ZERO** group: that's **ZERO WASTE**.

According to Bioregional, the organisation who invented One Planet Living, the challenge we face as a global community is that waste from discarded products and packaging is creating a huge disposal problem while at the same time, wasting valuable resources. This is true to different degrees across the world.

To address this, we must significantly reduce wasteful consumption, maximise reuse and recycling and aim for zero waste to landfill.

An excellent starting point for **ZERO WASTE** is to understand the waste hierarchy. This is a framework ranking waste management options according to what is best for the environment. There are many versions. At the Green Centre we use the **5 Rs: REFUSE. REDUCE. REUSE. RECYCLE. RECOVER**. You can find details of this in our factsheet along with organisations who can help you at every stage of this journey.

If you feel like you've got the waste hierarchy down to a fine art, then you could move onto a more advanced programme and start learning about the circular economy. You can do no better than read, "Welcome to the Circular Economy" by local expert Claire Potter.

When the Green Centre was officially launched in 2009, our first **ZERO WASTE** strategy was a community REUSE / RECYCLE programme. Alongside this we set ourselves a simple intention to never buy anything new unless absolutely necessary. Sometimes we had to wait a long time for things. For many years our REUSE shop made use of several shelving units of vastly different styles, sizes, colours, and condition. Then one day somebody donated a matching set of pine shelving enough to kit out our entire shop. We thought we were Harrods!

In 2022, our REUSE / RECYCLE programme still runs at Brighton Open Market. Our reuse programme is every Tuesday, and our very popular recycling programme runs every Thursday. Recycling seems to be the most popular activity in the waste hierarchy but a word of warning: while it is better to convert waste materials into new products than bury or burn them, this form of waste management uses enormous amounts of resources. Certain materials fare well in this process: metal and glass can be recycled infinitely without deteriorating whereas plastic can only be recycled a few times or not at all. Recycling is not the solution to waste.

You can find out more about the Green Centre **ZERO WASTE** journey on our website along with a FACT SHEET to help you map out your own, bespoke adventure.

Let us act together, to make truly sustainable living a reality. Welcome to the Art of Sustainable Living.

468 words