

# He aha tēnei mea te toitūtaka?

## What is sustainability?

### The 5 R's of Recycling



REFUSE



REDUCE



REUSE



RECYCLE



ROT

**Compost organic material like garden waste and food scraps**

*Tip* Paper can also be composted if it can't be recycled due to it having food residue on it or being wet.



**Understand the impact that waste has on our natural environment – what are you doing to reduce waste?**



*Tip*

When shopping at the supermarket try and choose options with no plastic or minimal packaging

**Give things a second life reuse, repair and share**



*Tip*

Wash and reuse containers and refill your water bottle

**Say 'No' to waste Refuse plastic straws and packaging, refuse anything unnecessary**



*Tip*

"Do you need a fork or chopsticks with your sushi? Say no!"

**Hangarua (Recycling) is very important in reducing waste**

take care when sorting rubbish and recyclables to make sure they are going in the right bin!

*Tip*

Not all plastics are recycled – check with your local council!

**In the investment world, sustainability has a broad meaning including the reduction of environmental, social and governance harms. In this Kākāriki pānui when we refer to sustainability we are sharing with you principles and ideas of environmental sustainability.**

The main idea behind sustainability is that we must act responsibly about the products we buy to be able to look after our planet.

Sustainability means using natural resources in a way that we could keep doing for a long time. We can be more sustainable by reducing our use of natural resources. For example, you could ride a bike instead of driving to reduce the amount of fuel and oil used, and reduce carbon dioxide emissions.

### Why is sustainability important?

The word sustainability is used to remind us to look after our planet. Our actions have a lasting effect on the environment, and we want to protect it for our future generations. We currently use resources from the earth to produce houses, cars, computers, and much more. As there are only a limited number of resources available we need to make sure we are not wasting them.

**If you want to figure out if something is sustainable you should ask yourself the question – can I do this or use this forever?**



### Avoid wasting food by only shopping for what you need!

- Write a meal plan and grocery list so you only buy what you need
- Make one meal a week only using leftovers – how creative can you get?!
- Start a compost bin for food scraps and leftover kai

