

# Waste

York Quakers meet the challenges of sustainability  
A Report by the Sustainability Group

***Forget the three Rs that you learnt at school. The only three Rs for F/friends in York AM are now Reduce, Reuse and Recycle, with a passion.***

## Initiatives

Here are just some of the ways that people are putting this into practice every day:

- Only buying what you need in the first place! Using a shopping list to avoid impulse buys.
- Giving to, and buying from, charity shops and Freecycle.
- Mending clothes.
- Growing food in allotments, gardens, window sills, reused containers.
- Composting food waste.
- Making stock from vegetable peelings.
- Using cloth bags for shopping.
- Buying produce loose or in paper bags or reusing bread bags to pack goods.
- Buying products with as little packaging as possible...and leaving the packaging behind in the supermarket to prompt them to minimise waste.
- Buying from shops that refill bottles and tubs.
- Having milk delivered in glass bottles.
- Refilling water bottles from the tap.
- Using your own reusable mug for takeaway drinks.
- Where you have to use plastic, choosing bio-degradable or recycled.
- Finding places to recycle everything and anything, however small.
- Clearing the litter from fields near home.

- Giving environment-friendly plastic-free presents, in environment-friendly plastic-free wrapping.

## Simplicity

Living simply is far from an easy option it seems. Here are some of the challenges that F/friends have shared:

- Pre-wrapped fruit and veg in the supermarket is often cheaper than loose produce from an independent greengrocer.
- It takes extra time to search out products with less packaging or to fill your own containers.
- Reusing food bags with a bar code confuses the checkout till.
- Finding clothing produced in environment-friendly ways.
- Believing that small actions count, when others are involved in campaigning.

## Ideas

And here are some ideas from F/friends to investigate:

- Make use of Freecycle, 'changing the world one gift at a time'.
- Entice frogs into the garden with a pond, to save your veg with a natural solution to slugs.
- Check out Hotbin composters, though not a cheap option.



In F/friends' own words:

'I really do feel that I have to believe that every little helps, because it is only little gradual changes that I can make. I have already spent my life trying to live simply, avoiding waste wherever possible, recycling everything I can, composting, and not buying things I don't need.'

'I find that since I started looking at how I could help the environment, the achievements I have successfully managed to make have spurred me on to try other ideas.'

'It's good though, to have reminders, like your note will remind me to start up again. It's all about routines and if it becomes part of your routine, you just get on and do it, without making a big deal about it.'

'Luckily I have never been interested in fashion, fast or otherwise, so spend very little on clothes. I have knitted one pair of socks but won't be going into regular production as it took me two years to finish them!'