



Tour lead Daniel Wareing—Suffolk Coastal Norse



Three key messages to share with your communities

- Real nappies are no longer what we remember from our parents; they can be comfy, easy to clean, cheaper than disposables and better for the environment. For more information, myth busting and a chance to borrow some go to: <u>www.greensuffolk.org/recycling/reduceand-reuse/nappies/</u>
- Rinse your plastic bottles, (so drink/ food juice doesn't go all over the paper and contaminate it/ lower the quality) squash your plastic bottles (so you can fit more in your bin and so that problems are not caused when baling the materials) and pop the lids back on (this means the lids don't fall through gaps in machinery and can be recycled).
- Make sure you do put the right things in the right bin there is very easy guidance on <u>www.greensuffolk.org/recycling/how-to-recycle/</u> and very good reasons why you are asked to do so.

For videos that show what the guys at the recycling plant are doing go to:

www.greensuffolk.org/recycling/where-it-goes/material-recycling-facility-mrf/

To book a visit if you already have a group of 8-10

Email josie.russell@suffolk.gov.uk with the name of your group, a contact number for the organiser, the numbers interested and the month you would ideally like to visit.

To go on a waiting list for us to organise a group visit when sufficient people show interest email greenissues@eastsuffolk.gov.uk with your name and contact number.