

Most members of [Horsham Green Gym](#) know Rob and Cath Roberts. You may not know that after recent training with WSCC, Rob has become a volunteer Waste Prevention Adviser.

He is mostly involved with trying to cut down the amount of waste that currently goes to land-fill via our wheelie bins (31% of it is food).

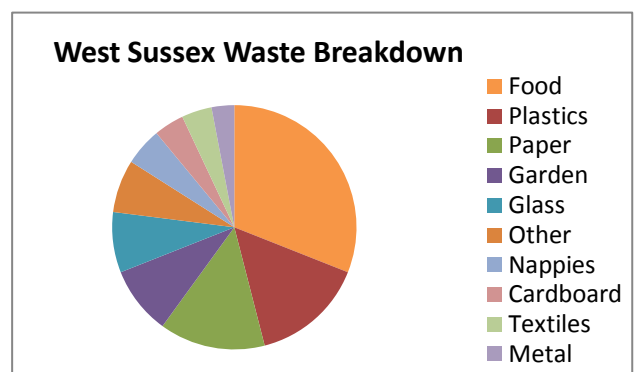
Reducing food waste is a major issue and not just about good food going to waste; wasting food costs the average family £420 a year and has serious environmental implications too.

If we all stop wasting food that could have been eaten, the CO2 impact would be the equivalent of taking 1 in 5 cars off the road.

**Top 10 Reasons to Recycle**

Recycling is the process of turning used materials into new goods and products. There are many reasons to recycle; here are just ten of them!

1. preserves the earth’s natural resources
2. reduces pollution
3. saves water
4. saves money
5. reduces the need for landfill sites
6. reduces waste
7. is easy
8. creates jobs
9. can help those in need
10. it’s only fair. We’re all buying and consuming more and more stuff and thus creating ever-increasing amounts of waste. It’s only fair that we should take responsibility for our actions.

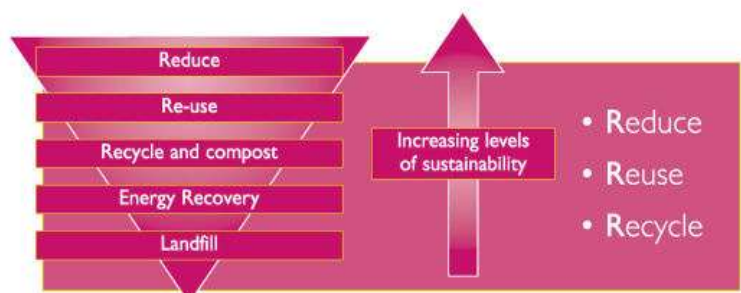


**What can you do?**

If you don’t recycle your kitchen waste at present, you could consider buying a composter which will produce organic soil improver for the garden.

Rob recommends those offered at a discount by West Sussex County Council and points out that the offer is due to end at the end of March.

- [Compost bin](#)
- [Green Johanna](#)
- [Green Cone](#)



**Useful web sites**

These web sites may help you in deciding which composter to go for but if you need some expert advice, contact [Rob by email](#)

- [www.recycleforwestsussex.org/](http://www.recycleforwestsussex.org/)    [www.wsgreenclub.org/](http://www.wsgreenclub.org/)    [www.bettertomorrows.org.uk/](http://www.bettertomorrows.org.uk/)