

Waste, Reuse and Repair

Kirkcaldy Climate Friendly Living Guide



What's the problem?

Everything we purchase and consume comes with a carbon footprint.

The choices we make around what and how much we buy play an important role in climate change. Greenhouse gases are produced through the whole lifetime of a product. This includes sourcing raw materials, manufacturing, creating packaging, distribution and disposal.

Our existing economy runs on a model of "take, make and dispose", which means that many reusable items and valuable resources end up in landfill. We need to move to a more circular economy where products and materials are kept in circulation for as long as possible.

What action can I take?

Buy less

Be honest... do you actually need to buy it? Why not set yourself a target - how long can you go without buying your favourite shopping pleasure? If you don't buy it in the first place, then it can't become waste.

Break up with single-use

Challenge yourself to ditch unnecessary disposable items, like single-use sachets, packaging, cups and cutlery. When you go to the shops take your own reusable bags, boxes and containers. Also, talk to your local shops about single-use items - they will value their customers' opinions.

Reduce food packaging

Avoid too much packaging, especially single-use plastic. A good way to do this is to buy from markets, stalls or sign up to a veg box scheme. Take reusable bags and boxes to the supermarket. Support local business that sell loose food and those that let you refill your own containers.

"Four-fifths of Scotland's carbon footprint is driven by our demand for new products and materials"

Zero Waste Scotland



Give a gift that keeps on giving

Subscriptions, donations and sponsorship are a great way to share the love without the 'stuff' - and support a good cause. Or you can make something for the birthday boy or girl, they will appreciate the effort far longer than they would treasure a new thing.

Repair what you already own

We can do simple fixes ourselves or upcycle old pieces of furniture. YouTube is full of upcycling videos. You can support local business by checking what tech, bike, clothes repair businesses are local to you. From summer 2021 manufacturers of tech items will be required to make spare parts available. Look for the new 'Right to Repair' label.

Make second-hand your first choice

Find pre-loved bargains on **eBay**, **Gumtree** and Facebook marketplace. You might even get what you need for free - try **Freecycle** and **Freegle**. You can find your local charity shop using the Charity Retail Association **charity shop finder** and there are a number of **preloved clothing apps**.

Stop hoarding – pass it on

Everything we buy, from laptops to clothes, is made up of valuable resources. Help keep resources in circulation by passing them on, selling online or donating to a second-hand store.

Share and borrow

Why not borrow from family, friends or neighbours instead of buying new. Sharing communal resources was once the norm.

Recycle

Make sure to use your waste bins correctly. Wash and sort your recycling before disposal. You can find Fife Council's household recycling information **here**.

Remember that recycling and disposal is not the aim. We should be keeping resources in use for as long as possible.

What action can I take locally?

General reuse and repair

Greener Kirkcaldy's **reuse and repair guide** lists local charity and repair shops and gives local recycling information in one handy booklet.

Bikes

Lang Toun Cycles and **Gallatown Bike Hub** offer bike repair and servicing. You can also donate your old bike for reuse. See the travel section of the Kirkcaldy Climate Friendly Living Guide for more details.

Clothing

- For alterations and clothing repair, see Greener Kirkcaldy's **reuse and repair guide**.
- **Fife Real Nappy Library** allow you to try out washable nappies and hold regular information events for parents-to-be.

Food

Greener Kirkcaldy's **Community Fridge** allows you to pick up (or donate) food to prevent it going to landfill.

Furniture Upcycling

- **4eyeDimensions** offer furniture repair and upholstery classes.
- **The Cairn Centre** and **Furniture Plus** offer free collection of unwanted furniture.
- **Clear Buckhaven** and **Methil** offer pallet upcycling workshops.

“Wearing clothes for an extra nine months would reduce carbon, waste and water footprints by around 20 to 30% each”

loveyourclothes.org.uk



Plastic Free Shopping

- **Grain & Sustain**, Kirkcaldy and Burntisland
- **Health Food and More**, Kirkcaldy

Technology

Greener Kirkcaldy will accept donations of **old computer and smartphones** for reuse.

Tools

- **Kirkcaldy Men's Shed**
- The Ecology Centre **Tool Shed** accept donations of broken or unwanted tools, which are repaired for reuse. They also host a **tool library** where you can borrow a range of tools to use at home.

