Feeling rubbish

A guide to reducing waste for blind and vision impaired Aucklanders

A blind BIT OF difference

Blind Citizens NZ

This guide is available in braille, large print, MS Word, HTML, and CD audio.

Published August 2017

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ISBN 978-0-473-40559-5

Charity No. CC41040 Association of Blind Citizens of New Zealand Inc.

A **blind** BIT OF **difference**

Blind Citizens NZ

Blind Citizens NZ's logo: Blind Citizens NZ's logo featuring the text 'a blind bit of difference' a black circle, text below the circle reads Blind Citizens NZ. To the left is simulated braille reading 'Blind Citizens'.

Cover photograph: Two men inspect chairs in the yard of a community recycling centre.

Feeling rubbish

A guide to reducing waste for blind and vision impaired Aucklanders

This guide assists blind and vision impaired people to identify, sort and reduce household waste. It brings together a range of existing information and draws on the skill and experience of our community. It is compiled by Vicki Hall in collaboration with members of the Auckland Branch of Blind Citizens NZ and Auckland Council, and edited by Paul Brown and Mary Schnackenberg.

Photograph:
A small tin can.

Photograph: An array of brightly coloured, empty plastic bottles.

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Photograph: Maungakiekie (One Tree Hill) with sheep grazing on its lower slopes.

Mihi whakatau

I te tīmatatanga ko te kore, ko te kore te whiwhia, ko te kore te rawea, ko te kore te wiwia. Nā te kore ko te pō, ko te pō nui ko te pō roa ko te pō uriuri. Ko te pō namunamu ki te taiao, ko te pō tahuri atu ko te po tahuri mai. Ko Ranginui ki runga, ko Papatūānuku ki raro, ko a rāua tamariki mokopuna kei waenganui, ka rongo te pō ka rongo te ao ka puta ki te whai-ao ki te ao mārama. Tihei mauri ora.

He aha te hau e wawarā mai, he tiu he raki. Nana Ia mai te pūpūtarakihi ki uta, e tikina e au te kōtiu. Ko ia te pou whakāiro ka tū ki te Waitematā i oku wairangi e.

Ka rere ngā mihi ki te kaihanga o te rangi me te whenua, nāna i homai nāna i tango. E te kaihanaga, tēnei te mihi, tēnei te mihi, tēnei te mihi.

Kia hiwa rā, kia hiwa rā.

Ko tēnei te reo aroha o ngā rārangi maunga, te reo aroha o ngā awa tere o Tāmaki nui, Tāmaki roa o Tāmaki here i ngā waka. E ngā mana, e ngā reo, e ngā kārangaranga maha, nau mai, piki mai, kake mai ki tēnei rauemi whakawehewehe para.

Ko tēnei pukapuka he tāonga mo te hunga matakerepō o Tāmaki-Makau-Rau. E ai ki te kōrero o ngā mātua tīpuna 'Pērā ano te tangata ki te kūmara, kāhore he whenua ka mate noa'. Ka pūmau tonu ki tēnei whakatauki mo ngā rangi kei te heke mai.

He aha ai? Nā te mea kei te ngaro haere te whenua me ngā taonga o te ao ki nga para kino o te ira tangata, ko te tūmanako o tēnei pukapuka kia whakamārama, kia whakapakari te mōhiotanga me te māramatanga mo ngā mahi whakawehewehe para, hei whakamana i te ahurea o te kaitiaki taiao o te hunga matakerepo ki Tāmaki Makaurau.

Mā wai rā e kawe i ngā tīkanga whakakore para?

Mā tātou katoa.

In the beginning, there was only a void, a void that had no possessions, a void where nothing was felt, a void that had no boundaries, a void of endless potential. From the void came the night. The vast night, the eternal night, the deep night, the night that inspires the search for light. The night of restless turning towards the revealed world, to the glimmer of dawn.

Sky father lay above us and earth mother lay beneath us, their children and their grandchildren rest in between. We acknowledge the dark and we acknowledge the light, which can give us a better understanding of balance in the world. May the breath of creation fill me with life and sustain me.

This is the voice of the majestic mountain ranges and vast water ways of Tāmaki-Makau-Rau, Auckland, the land cherished by many. This voice acknowledges you, welcomes you and invites you to share in this recycling guide.

Our environment and our resources are in danger of being destroyed and lost, due to the amount of waste and pollution we the people produce and then neglect. There was once a proverb which said, 'People are like the kūmara plant, without the land we would surely perish'. This proverb is still true today: why?

It is our obligation to the next generation to ensure they inherit a living environment that is sustainable. This recycling guide is designed to inform and empower the blind community of Auckland city on how to best recycle waste items so we can build a better tomorrow, starting today, together as guardians of our environment.

E āku nui, e āku rahi, huri noa i te motu, tēnei te mihi, tēnei te mihi.

Eruini Hawke
Cultural Advisor
Ngāti Whātua ki Ōrākei

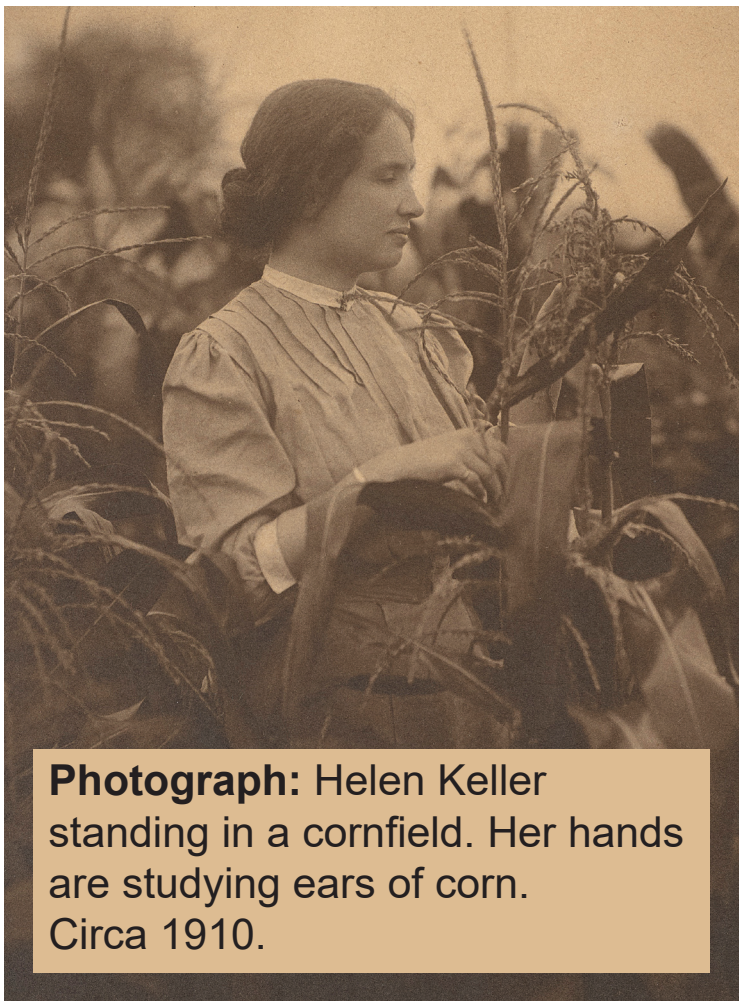
Photograph: A crushed blue plastic bottle.

Starting the conversation

Auckland is growing. Our city's population is expected to reach more than 2.2 million by the year 2040. As Auckland grows, so does the amount of waste it produces. Many of us worry about the ring of volcanoes on which Auckland sits, but perhaps we should be more worried about the ever-growing mountains of waste in our landfill. We have no control over Mother Nature but we can control the waste we produce and what we do with it.

Auckland Council has a vision of zero waste by the year 2040. This means zero waste going into landfill.

As Aucklanders, we need to be able to play our part in helping make this a reality. The first steps are looking at our own waste – what we buy, what we throw out and where we throw it. It may seem, that as individuals, we have little to contribute but all Aucklanders have a part to play.



Photograph: Helen Keller standing in a cornfield. Her hands are studying ears of corn. Circa 1910.

> “I do not like the world as it is; so I am trying to make it a little more as I want it.”
>
> *Helen Keller*

On average, each Aucklander sends 160 kilograms a year to landfill. A typical weekly council rubbish bin or plastic bag is filled with:

- 10 per cent of material that can be recycled
- 10 per cent of garden waste
- 45 per cent of food waste
- 35 per cent of rubbish.[1]

Thinking about the waste we produce in our own household as a resource – and not necessarily ‘rubbish’ – can help. It’s not time consuming or difficult to do that. We just need to think and act a little differently.

Activist and advocate Helen Keller said, “I do not like the world as it is; so I am trying to make it a little more as I want it.”[2]

As momentum builds to reduce waste, we hope you will share your own tips, experiences and challenges on our Blind Citizens NZ’s website and Facebook page, and in our Auckland Branch newsletter and *Focus*.

It may seem like a huge task but if we all think about what we’re buying, what we’re using, what we’re throwing out, and where we’re throwing it, we can make a blind bit of difference.

Photograph: A collection of waste including a tin can, aluminium can and plastic bottle that are all crushed, an empty glass jar, a newspaper and a piece of cardboard.

Reducing waste – an overview

As Aucklanders, we need to work together to reduce the waste we put into our own council rubbish bin because the waste from these bins is transferred to landfill. Landfill, put very unscientifically, is a massive hole filled with rubbish. The rubbish in it is squashed together so tightly that air does not circulate freely. Over time, the site gives off harmful methane gases and toxic leachate as the waste material breaks down. If a banana skin is tossed into a landfill it can take years to decompose, whereas if you put it into your own compost bin it will take only a few weeks to break down.

To reduce the amount of waste we send to landfill we need to know:

- Auckland Council's waste removal and management services
- what goes into the council recycling bin and how to identify these materials and items

- how to replace disposable products with reusable
- alternative, environmentally friendly disposal options to keep resources out of landfill.

Pay-as-you-throw will be introduced by Auckland Council by 2020. This will mean householders pay each time their rubbish bin is emptied. That is a good incentive to start reducing our waste now.

Reducing our landfill waste is much easier than you might think. Things to consider:

- **Rethink** – think about waste as a resource, where it should go, or how it could be used.
- **Reject** – say no to buying something because there is too much packaging, it's not environmentally friendly, or you just don't need it!
- **Reduce** – reduce the amount you buy or use.
- **Re-gift** – if you have been given something you don't want or already have, gift it to someone.
- **Repurpose** – think of another purpose for the item.
- **Re-sell** – sell something you no longer want.
- **Reuse** – reuse plastic bottles and bags.
- **Rot** – put food scraps in your compost.

The council has a number of services to help us get rid of a lot of our household waste but not all of it. We need to find out how we can reduce the waste we produce and redistribute our own used materials responsibly.

A recent headline celebrated a New Zealand company's innovative approach to using plastic – 'Kiwi company turns plastic waste into high-quality concrete'. We may not be contributing on such a grand scale but our contribution to reducing waste is just as important.

Photograph: The council's three kerbside collection bins: the red-lidded rubbish bin; the larger yellow-lidded recycling bin and the smaller green food waste bin.

Auckland Council's waste collection services

Currently, the council offers three ways to take away our waste – kerbside rubbish bin or bag; recycling bin collections and an annual inorganic collection.

The council is standardising rubbish and recycling collections throughout the city. It is planning for each Auckland household to have three bins by 2020. These will be:

- **rubbish bin** – waste is sent to landfill. These bins have a red lid; are smaller than the recycling bin and are collected weekly. At the time of writing they are already in use in Central and South Auckland. Rubbish bags are still in use in areas yet to get a council rubbish bin.

- **recycling bin** – recycling is sent to a material recovery facility (MRF). Now in place throughout Auckland, these bins have a yellow or blue lid and are the largest of the council bins. Households will have a choice of three sizes – 120, 240 or 360 litres. Recycling bins are collected every fortnight.

- **food waste bin** – food scraps will be collected and processed into useful products like compost. The council will supply households with a food waste bin, along with a kitchen caddy to collect food scraps in. Smaller than the other two council bins, the food bin is 23 litres with a large black handle. These bins will be in place throughout Auckland by 2020, and will be collected weekly.

Papakura will be the first area to have all three council bins. Food scrap collections start April 2018, followed by the replacement of rubbish bags with bins in June 2018.

A great deal of waste that can't be collected kerbside can be dropped off at one of the city's Transfer Stations. Please note there are fees involved when doing this. Check first before you drop your waste off by calling **09 301 0101** or visiting the council's website www.aucklandcouncil.govt.nz. There is a list of the council's Transfer Stations at the end of this guide in the section *Council Transfer Stations*.

Along with its collection services, the council also supports initiatives to reduce waste such as this guide, *Feeling rubbish*; Community Recycling Centres and the Compost Collective.

You will find a wealth of information on the council's website www.makethemostofwaste.co.nz to help you on your journey to become a zero waste household.

Council collection dates

Find out the collection dates for your rubbish and recycling bins by:

- calling **09 301 0101**
- visiting the www.aucklandcouncil.govt.nz where you can type in your street address.

Council assistance with kerbside collections

If you require assistance with locating your bins at the kerbside, Waste Solutions can provide textured stickers to aid in identifying your bins. In addition, Waste Solutions can ask refuse and recycling truck drivers to return bins to the place on the kerbside where you set them out using a 'Return to exact place' sticker which is placed on the front and side of bins. Assistance can also be provided with getting bins to the kerbside and returning them to your property. For any of these services, please call **09 301 0101**. You will be put through to the Waste Solutions team who may need to arrange a time to come and visit your property. Once the site visit has been completed, the necessary stickers (if required) will be applied and drivers will be directed to pick up and return your bin to the arranged place.

Council rubbish bins and bags

Auckland Council's red-lidded rubbish bin.

Rubbish bins are emptied or rubbish bags collected weekly by the council. These should be seen as the last resort for our waste as all material put into them is taken to landfill.

Rubbish bags will continue to be collected for Franklin, North Shore and Waitakere until bins are introduced. Council rubbish bags are orange. Those of us who prefer not to use rubbish bags because they can be ripped open by neighbourhood dogs and cats can pay a local company to supply a rubbish wheelie bin (similar to the one the council supplies) until you get your rubbish bin from the council. Waste Management is one company which offers this service. Call them **0800 290 675** or visit www.wastemanagement.co.nz.

Council rubbish bins will be in use in Manukau from 4 September 2017.

A larger 240 litre rubbish bin is available at an extra cost. (Only the ratepayer can request this and it will cost approximately $55 per year to service.) However, if you recycle more of your waste and deal with your food scraps, it is unlikely you will need to upsize your bin.

If you are worried about other people putting waste into your bin, a lock may put your mind at rest. Bin manufacturer Sulo sell locks that can secure your rubbish bin between collections. Call them on **09 273 5987** or visit www.sulo.co.nz to find out more.

Although rubbish bin collections will soon be a user-pays system – pay-as-you-throw – recycling bins and food bins will be funded through rates.

Pay-as-you-throw

The new three bin service is planned to be introduced across Auckland by 2020. It will consist of a rubbish bin, a recycling bin and a food waste bin. Collections for food and recycling bins will be free. However, you will have to pay each time your council rubbish bin is emptied. You will need to attach a prepaid tag to the handle of your rubbish bin each time you put your council rubbish bin out to be emptied. We understand that these tags will be similar to luggage tags; while they will be easy to attach, they will be difficult to remove (to help prevent them being stolen). At the time of writing this guide, the council advised us that the prepaid tags will be available from supermarkets, petrol stations, dairies and Auckland Council facilities such as libraries, service centres and community transfer stations. For more information about this pay-as-you-throw system call the council on **09 301 0101**.

By reducing the waste in our rubbish bin, we'll not only help save the environment but save some money, too.

Council recycling bin

Using our council recycling bin to its full potential is one way towards making the goal of zero waste real. Knowing what can and can't go in the recycling bin is a good start.

Remember, for many items that can't be put into the council recycling bin, there are other environmentally friendly ways to dispose of them. We talk about these options more fully later in this guide.

Auckland Council's yellow-lidded recycling bin.

Things that can be put in the council recycling bin

Single use plastic containers, bottles, jars, tins and cans from the kitchen, laundry and bathroom, as well as paper and cardboard can be recycled in the council recycling bins. Here are the types of items that can be recycled:

- Plastic containers that keep their shape, examples include:
  - **bottles** – milk bottles, drink bottles, dishwashing liquid and powder, shampoo and conditioner bottles, laundry liquid bottles
  - **plastic packaging inserts** – the plastic inserts inside a packet of biscuits. You can identify this type of plastic by squeezing it. If it springs back into shape then it can be put into the recycling bin

> **clear plastic food containers** – containers that you might get takeaway food in such as curry.

- Glass bottles and jars – empty wine and beer bottles, jam, pickle and honey jars.

- Aluminium cans – soft drink and alcohol drink cans. Aluminium is a very soft metal. If you hold a can by its sides and squeeze it, the sides crush easily without using much pressure.

- Steel and tin cans – baked bean cans and cans of tuna. Steel and tin are stronger than aluminium and both materials are much harder to crush using your hand.

- Empty aerosol cans – insect sprays, hairspray and cooking spray cans.

- Tetra Paks® – made of cardboard and usually containing things like milk, custard and fresh juice. These packs are smooth to touch, and although the packaging is quite firm, it can be squashed when empty.

- Paper including newspapers, magazines and the advertising material you get in your mailbox. Shredded paper can be put into the council recycling bin but put it into a cardboard box or larger paper container. This prevents it blowing away when the bin is being emptied. Printed paper receipts are not recyclable and we discuss these in the next section.

Recycling moves along the conveyor belt at a material recovery facility (MRF).

- Cardboard including boxes, packaging, toilet roll inners and egg cartons. Pizza boxes can be put in after they have been scraped clean of food.

- Tin foil which has been cleaned and rolled into a ball.

Things to do before putting items in the council recycling bin

You don't need to sort your recycling before putting it in the bin because it will be sorted at the material recovery facility (MRF).

However, there are a few things you need to do before putting an item in the bin. You need to:

- Ensure items are loose in the recycling bin – if anything is inside a plastic bag it is unable to be recycled.

- Squash packaging and containers if possible.

- Keep lids on all bottles, jars and containers. It doesn't matter if the lid is made of a different material.

- Paper and cardboard can be put into the recycling bin and does not have to be bundled up separately.
- Make sure individual items are not bigger than 4 litres (about the size of a shoe box).
- Make sure items are free of food – scrape food from pizza boxes or aluminium foil.
- Empty and rinse items like bottles, jars, tins, cans, cardboard drink containers and Tetra Paks®.

Cleaning items is an important step because at the first stages of the recycling process, a team of sorters remove unrecyclable items as the waste moves along the conveyor belt and into the sorting machinery at the MRF. Unclean items can be a health hazard to these workers due to the bacteria that grows on food waste. At home, dirty items can attract unwanted guests – such as rats and mice – to your recycling bin.

Never put dangerous items such as broken glass into your recycling bin as these could cut somebody when they sort through the recycling at the MRF.

If you have small pieces of a particular material, it is best to put them into a larger container made of the same material; that is, put like with like. For example, if you have small pieces of plastic that meet the description of what can be recycled, put them into a larger plastic container. Put small pieces of paper into a bigger paper or cardboard container and small balls of tin foil into an aluminium can.

If you are unsure if an item can be put in the recycling bin, you can check by:

- calling **09 301 0101**
- visiting the council's website www.aucklandcouncil.govt.nz. Type in 'recycling search' and once the page has loaded, put in the name of the item you are unsure of.

Things that cannot go in the council recycling bin

We list below items that cannot be put into the council recycling bin alongside ideas of how to dispose of this waste in other environmentally friendly ways.

- Plastic bags and soft plastic packaging wrapping – these can be recycled elsewhere (discussed in the next section).
- Food and garden waste – can be composted at home. Ways to deal with this waste are discussed in the section *Dealing with food and garden waste*. By 2020 the council will collect food waste.
- Baking paper – it can be put in your compost bin.
- Printed paper receipts – the inks used in receipts prevent them from being able to be recycled. Refuse them when offered or throw them into the rubbish bin.

- Batteries – single use (AA, A, button etc.) and rechargeable batteries used for laptops (eg. Ni-cd, Li-ion and Ni-MH) can be dropped at some Transfer Stations or put into the rubbish bin as a last resort. Some types of batteries can be dropped off at Upcycle but there may be costs involved – call them on **09 579 2603** or visit www.batteryrecycling.nz to find out more. Do not put hearing aid batteries in the rubbish bin as both mercuric oxide and zinc air batteries contain the poison mercury. Instead, drop these off at Bay Audiology – call them on **0800 700 851** or visit www.bayaudiology.co.nz to find a clinic near you.

Two single-use batteries – 9V (volt) battery along with an AA battery.

- CDs and audio cassette tapes – there are some creative collective groups, local schools or early childhood centres that may be interested in these items.

- Polystyrene meat trays, cups, takeaway food containers and packaging – this material breaks into small pieces very easily and has a spongy feel to it. Put this in the rubbish bin.

- Nappies – disposable nappies need to go in the rubbish bin. Remember to tip the solid waste into the toilet first (reusable nappies are discussed in the next section).

- Sanitary products (pads and tampons), incontinence products and condoms – place in the rubbish bin (reusable options for sanitary and incontinence products are discussed in the next section).

- Dog and/or cat poo – when you're out and about you can use a poop bag and put it into the rubbish bin. Ideally, repurpose a plastic bag you already have. Otherwise, there are environmentally friendly options available. Green Elephant is one such place that sells poop bags. Contact them by calling **07 281 1546** or visiting their website www.greenelephant.co.nz. Kitty litter needs to be disposed of in the rubbish bin. However, both dog and cat poo can be flushed down the loo. Make sure cat poo is free as possible of kitty litter and only put the actual dog poo down the loo – not the bag you may have collected it in.

- Clothing, shoes, linen, carpet, curtains, and other textiles – if materials are in good condition, think of donating or selling them. Vintage clothing can be especially saleable. Rags made of natural material such as cotton, silk, hemp or wool can be put into your compost bin only if they haven't been contaminated with chemicals. Cut them into small pieces to help them to break down more quickly.

- Cookware, Pyrex, drinking glasses, window glass and mirrors – if intact and in good condition these can be donated or sold. If broken or damaged, they can be dropped off at a Transfer Station. Small amounts of broken glass can be wrapped and put into your rubbish bin.

- Lightbulbs – ordinary bulbs can be wrapped in paper and put in your rubbish bin.

  Long-life or energy saving lightbulbs (also known as compact fluorescent light bulbs or CFLs) need to be disposed of carefully as they contain the poison mercury. These types of bulbs can be dropped off at only some Transfer Stations so check first before you drop these off. You can also buy a box from Interwaste and put your used lightbulbs into it. When it is full, call Interwaste to pick it up. Contact them on **0800 102 131** or visit www.interwaste.co.nz.

- Hazardous waste – including chemicals, paint, smoke alarms. Many of these items can be dropped at a Transfer Station. Again, check with them first.

- E-waste (electronic waste) – computers, printers, etc. These can be dropped off at a Transfer Station or put out in the inorganic collection. There are some businesses that deal with E-waste and will collect it for a fee (if you've missed or don't want to wait for the inorganic collection in your area). Upcycle is one, and they have a range of services that 'specialise in E-waste disposal and recycling'. Give them a call on **09 579 2603** or visit www.upcycle.co.nz.

- Electric items – kettles, heaters, hairdryers, toasters, etc. These can be dropped off at a Transfer Station or put out in the inorganic collection.

- Mobile phones – there are a number of options for disposal. One is to drop an old phone off at any 2degrees, Spark or Vodafone retail store or kiosk. You can find out more about disposing of your mobile phones and batteries at New Zealand's Telecommunications Forum. Call **09 475 0203** or visit www.tcf.org.nz.

- Medical waste – hypodermic needles, used bandages and dressings. These cannot be put in the council recycling bin or rubbish bin. Providers of your home healthcare materials are responsible for disposing of this waste. Contact your home healthcare advisor to find out more. Interwaste also have collection systems which you pay for – call **0800 102 131** or visit www.interwaste.co.nz.

Hypodermic syringe.

- Building materials – wood, wire, nails, etc. These can be taken to a Transfer Station or recycled by being donated or sold.

If you're unsure if an item can be put into the council recycling bin or taken to a Transfer Station, check by:

- calling **09 301 0101**
- visiting the council's website www.aucklandcouncil.govt.nz and using the recycling search tool – type in the name of the item you are unsure of to find out if it can go into the recycling bin or be taken to a Transfer Station.

Council inorganic collections

Auckland Council has changed how it collects inorganic waste and there are no longer collections on the side of the road. There is now one collection each year when the items are collected from inside your property. This is paid for in council rates and does not cost you anything extra. To find out when the collection is in your area or to book a collection:

- call the council on **09 301 0101**
- visit inorganiccollections.aucklandcouncil.govt.nz.

Things that can be put in the council inorganic collection

You can put up to one cubic metre of material out for collection. That is, about one small trailer load. Make sure that any large item you put out can be lifted by two people. For those living in an apartment building or retirement village, check with your building manager or body corporate to find out what the process is around an inorganic collection and where items should be placed.

These items can be included in your inorganic collection:

- Large appliances – fridges, freezers, washing machines and ovens. (If you're buying whiteware, ask for the old appliance to be taken away when the new one is delivered.)
- Small appliances – kettles, irons and vacuum cleaners.
- Furniture – beds, chairs, kitchen items and ornaments.

- Sporting items – gym equipment, bicycles and toys.
- Renovation equipment – carpet, timber (nails and/or other sharp items attached to timber must either be removed or flattened), tools, fixtures and fittings, baths and sinks.
- Outdoor items – lawnmowers, barbecues, garden tools and outdoor furniture.
- Electronics – TVs, computers, phones and DVD players.

Things that cannot be put in the council inorganic collection

- Bags of rubbish.
- Packaging that can be recycled.
- Garden waste – grass clippings, and tree and hedge trimmings. We talk about options for this type of waste in the section *Dealing with food and garden waste*.
- Automotive items – tyres and car parts.
- Building and trade waste – plaster board, rubble, concrete and bricks.
- Glass – none of any kind.
- Liquids – oil, petrol, paint and chemicals.

- Hazardous waste – poisons, smoke alarms and medical waste.

- Asbestos – Fibrolite, floor coverings (made of asbestos), lagging and ceiling coating.

- Gas cylinders – CNG or LPG containers.

Four hazardous waste products.

If an item is one not permitted to be put out in the council's inorganic collection, don't put it out. If you are unsure about an item call the council on **09 301 0101** to find out how to dispose of it.

Photograph: A pair of clean reusable nappies, one orange the other green, each fastened with white dome poppers.

Choose to use reusables

One way to avoid waste in the first instance is to use a reusable product in place of its disposable equivalent. Luckily, there are reusable options available for many disposable items; some we may not even be aware of.

If you think of reusable options we haven't covered in this section, please let us know.

Sanitary pads, tampons, and incontinence products

There are alternative options to disposable sanitary pads and tampons. The average woman can use 10,000 sanitary products to deal with menstruation in her lifetime, and a disposable pad can take 450 years to decompose, so it's definitely worth exploring other options to find out if they work for you.

One option is a menstrual cup (also known as a Mooncup) which can be used in place of a tampon or pad. Inserted like a tampon, these cups collect the blood instead of absorbing it. Although they do cost as a one off purchase, using a menstrual cup will prove a much cheaper option over time.

Reusable pads – a far cry from the 'rags' our grandmothers might have used – are also available. Call Mama Cloth which sell menstrual cups and washable pads on **021 0240 1212** or visit www.mamacloth.co.nz.

If bladder leakage is a bit of a bother, you'll be relieved to know that reusable incontinence products are now available, saving money in the long term. One is fashionable, absorbent underwear for women and men made by New Zealand company Confitex Functional Underwear. When this product was launched, it featured in international media for being such an innovative and environmentally friendly alternative to disposable pads and pants. Call them on **0508 003 507** or visit www.confitex.nz.

Mama Cloth also sell reusable pads that can be used by women who experience light bladder leakage. Call them on **021 0240 1212** or visit www.mamacloth.co.nz.

Kate Mead's Waste Free Parenting website www.thenappylady.co.nz (or call **027 221 1242**) is also well worth a visit to find out more about what reusable adult products are available and the very informative workshops Kate runs about these.

Nappies

Baby in the house? If so, investigate using reusable nappies. Systems available today are much easier to use than the old-fashioned safety pin method. Disposable nappies take a toll on both our wallet and the environment. They take around 500 years to breakdown in landfill! Visit Kate Mead's (also known as the Nappy Lady) Waste Free Parenting website at www.thenappylady.co.nz or call **027 221 1242**.

Baby wipes are also a problem for our environment. Kate Mead suggests simple ways to make your own reusable wipes by cutting up a towel or similar absorbent material. Visit Kate's website to find out more about this.

Other reusable options

- Coffee cups – if you enjoy a caffeine fix, take a reusable coffee cup to your local café and you might even get a discount! Keep Cup have a great range (www.keepcup.com) or visit Ideal Cup's website www.idealcup.co.nz.

- Disposable cutlery and chop sticks – don't take these when they are offered. Take your own reusable utensils instead.

- Straws and water bottles – don't take a straw from the café or dairy. Think to say 'no straw' when you order and try keeping a reusable straw with you instead. Take your water bottle with you when you go out. Refill it using tap water. Visit Eco Water Bottles and Lunch Wares' website www.water-bottle.co.nz.

- Food pouches – can hold freshly made smoothies, pureed food and soups to take with you when you go out. Kiwi company, Kai Carrier, sells reusable food pouches for adults and babies. Visit www.kaicarrier.co.nz to find out more about their pouches.

- Lunchboxes – take your lunch to work in a lunch box instead of a plastic bag. It protects your food and prevents waste.

- Plastic food wrap (cling film or Gladwrap) – an alternative to plastic food wrap is a New Zealand product, Honeywrap. It is made of organic cotton blended with beeswax, tree resin and jojoba oil. It is reusable and can be used to wrap and protect food. Call Tara on **021 330 047** or visit www.honeywrap.co.nz.

- Shopping bags – take cloth bags from home when shopping. If you do have soft plastic shopping bags, reuse where possible or drop them off at the supermarket collection bin with your other soft plastic waste.

Auckland family using reusable shopping bags.

Photograph: A pile of colourful used clothes next to a pair of black, low-heeled, woman's shoes.

Other ways to reduce waste

Auckland Council do not recycle all our waste. This means we need to take responsibility for the waste that remains. We need to think before we chuck it in the bin!

Soft plastics

Plastic bags continue to be a problem because many end up in our waterways and oceans. It makes sense to dispose of our soft plastic waste responsibly. Soft plastics, (plastic shopping bags, packets, wrappers etc.) cannot be put into the recycling bin. This is because they clog up the recycling sorting machines at the material recovery facility (MRF). However, soft plastics can be recycled elsewhere, and once you start recycling these, you'll be surprised at how much more room you'll have in your council rubbish bin.

Collection bins for recyclable soft plastics can be found at our local supermarkets and some shopping centres. Find out more about recycling soft plastics and where these collection bins are by using the store locator at the Recycling Kiwi website www.recycling.kiwi.nz.

We realise it can be difficult for some of us to get our soft plastic waste to these collection sites. Why not have a chat with your whānau, friends and neighbours to see if they could drop it off for you?

There is good news for Countdown online shoppers. Countdown is aware of the environmental impact of soft plastics and the difficulties some people have in accessing these collection bins. They have advised us that their delivery drivers are happy to take your empty bags back to the store and you don't need to worry about removing the address labels first.

Mary, *Feeling rubbish* team member, who lives in a two person household, recently had a weekly supermarket shop delivered in 22 plastic bags. Multiply this by 52 and you get an idea of the amount of soft plastic waste needing disposal (and that doesn't account for the packaging of the goods inside the bags!).

Identifying recyclable soft plastics

It can be confusing to identify some soft plastics. For example, some plastic packaging looks like it is made of foil when it is actually made of plastic. Others seem like plastic, but are actually composites which can't be recycled.

There are two main types of soft plastic which can be recycled through the soft plastic recycling drop off points at shopping centres: those that rip easily and those that stretch.

Soft plastics that rip easily leaving a straight edge and that can be recycled at the supermarket include:

- potato chip packets
- biscuit packaging (outer wrappers)
- some chocolate bar and lolly wrappings
- cereal bar wrappings.

A yellow soft plastic recyclable bag.

Soft plastics that stretch (and when they eventually do rip, leave a feathery-feeling and an uneven edge) and that can be put into supermarket collection bins include:

- supermarket shopping bags
- bags containing bread and bagels
- some frozen vegetable packaging.

All recyclable soft plastics can be dropped off at the collection bins at supermarkets and at some local shopping centres.

Composite materials

There are some materials that, at first, feel like soft plastic but are actually made up of a mixture of materials. Often a mix of plastic and paper, these composite materials cannot be recycled, and need to be put in the council rubbish bin. These items include:

- Soft plastics with a paper sticker – if you run your hand over the plastic, you will come across a slight ridge and the texture will change to paper. It is not always easy to remove this sticker or rip around it. If the paper sticker can't be removed from the plastic put it into the rubbish bin.

- Materials that feel like plastic but act differently when ripped. When torn they often reveal two materials: paper and plastic. The paper rips and has a rough edge, and the plastic backing behind it tends to stretch but does not tear easily. Scratch the packaging and if one side feels different to the other, this is a composite material.

- Glossy, thick 'paper' that feels like plastic but is difficult to rip.

- Plastic backed paper – one side is smooth and feels like plastic, and the other side has a slightly rough texture, like paper. Scratching the surface helps to identify this material because if it feels like paper on one side, then it is likely to be a composite material.

Other items made of composite materials but which are not soft plastics include:

- Sealant caps on bottles which are made of foil and plastic – these caps are often found under a lid when you first open a bottle.
- Some pill packets, made with a plastic tray for the pills and a foil top through which they are pushed, often called a blister pack.
- Some chocolate bar wrappings which are made of paper and foil (it feels like paper on one side, and you can squash it or roll it into a ball like tinfoil).
- Takeaway cups made of paper with a wax coating or a plastic lining.

Composite materials are not recyclable and need to be put in the council rubbish bin.

Rubbish rings

We have produced two ‘rubbish rings’ to help identify soft plastics and composite materials. One has samples of recyclable soft plastics; the other has composite materials that can be confused with recyclable soft plastics but can’t be recycled. Each sample has been cleaned and then punched with a metal eyelet and attached to a large metal ring (about the same diameter as a drinking glass). The rings are labelled on a cardboard tag in large print and braille. These rings can be pulled apart to add or remove items. Please call us on **09 520 4242** or send us an email aucklandbranch@blindcitizensnz.org.nz if you would like us to send you a set of these rings.

Vicki, a member of the *Feeling rubbish* team, started recycling soft plastics and dealing with the household food waste (after attending a Compost Collective course). In her household of three adults, she now only needs to put the landfill rubbish bin out every four or five weeks where previously a full landfill rubbish bin was collected weekly. As the council moves towards pay-as-you-throw, reducing the amount of landfill rubbish we each produce is likely to be a considerable house-hold saving over a year.

Photograph: A banana skin.

Dealing with food and garden waste

Redirecting food and garden waste away from our landfill rubbish bin makes good sense. But where to?

Firstly, and perhaps obviously, the best way to reduce food waste is to reduce the amount of food we buy. We can do that by buying the food we need. Being organised and planning our meals ahead will help in that regard. The website, Love Food Hate Waste offers information on how to plan your meals and what you can do with leftovers. It gives recipes, tips and a treasure trove of information about reducing food waste. To find out more visit www.lovefoodhatewaste.co.nz.

Even taking this advice, it is likely we will still have to deal with some food waste. Community organisation, the Compost Collective, can help us to sort this waste by offering advice on suitable composting solutions. We talk more about their work later in this section.

Composting options

Despite the best planning, we will likely still need to deal with some food scraps. There are a number of options available to either compost our waste at home or get somebody to take it away.

Three main ways to make the most of your food and garden waste are by using a:

- compost bin
- worm farm
- bokashi system.

Whichever composting system you decide to use, it's a good idea to collect food scraps throughout the day in a small container or caddy which can be kept on the bench or under the sink in the kitchen. This waste can then be added daily to whichever compost system you are using.

For those of us living in apartments or who don't have a garden, the bokashi system is a great compact composting option. You can share your home grown nutrients with family, whānau, neighbours or your local community garden. A worm farm can work if you live in an apartment with a balcony.

We know that a number of blind and vision impaired people find kitchen waste disposal units useful to dispose of food scraps. However, we suggest you do your homework. There is controversy over their environmental impact with regard to water usage and how their contents are handled at water treatment plants.

Here are some more details about the different composting options:

Compost bin

This option uses the most space as it needs to be in a garden. Once the bin is in place, layer dry garden waste, top that with green and other food waste, and top with dry garden waste. The make-up is 70 per cent dry material to 30 per cent green. This 'organic sandwich' will eventually break down into compost which you can dig into your garden. Do not include weeds, cat and dog poo, oil or liquids, or processed foods (such as bread, pasta and meat) unless they have been through a bokashi system.

Worm farm

A worm farm is where worms are fed food scraps and other waste. Some people use a bathtub but there are more compact systems available which can be kept on a balcony. Most worm farmers tend to keep their worm farms in a sheltered place in the garden. Tiger worms are the usual workers for breaking down the waste in this system as they can eat their own body weight in a day. (Worms are included in the system you can buy through Compost Collective – details below.) If you put your hand in the layer where the worms are working, it will feel like wet, soggy soil. The worms will be cool to the touch and feel a little slimy.

The worms produce two products – 'worm castings' (worm poo) and worm tea, both of which can be added to your garden. You can feed your worms: greens, including fresh fruit and vegetables; coffee grounds and teabags; eggshells and hair.

Alongside these, include some ‘brown’ material such as shredded newspaper, torn up cardboard, fallen autumn leaves, and even the dust from the vacuum cleaner.

Bokashi

Bokashi deals with your food waste by fermenting it. It’s a compact, two bucket system (one fits inside the other) and is great for indoor use. Food scraps are added daily along with a sprinkling of Compost Zing (a product to help with the fermenting process and sold with the bokashi system through Compost Collective or bought directly from Zing Bokashi). Two products are produced. The first is a nutrient ‘juice’ that can be diluted and added to the garden or poured undiluted down the drain as a drain cleaner. The other, a solid waste, can be dug into the garden or put into your compost bin.

This is an excellent system because you can add many foods you can’t put in your compost bin or worm farm. These include foods such as meat, fish, small bones, processed and baked foods, cheese, eggs and lemon. Its sealed lid ensures against unwanted furry guests!

Bokashi composting system. Compost Zing is being spooned into the top bucket full of food scraps.

The Compost Collective – composting help and advice

The Compost Collective is an organisation set-up to help Aucklanders reduce their food and garden waste by providing information, resources and support about composting options and its benefits. Learning can take place online, at a course or by phoning your local Compost Collective Facilitator.

The workshops are well worth attending as they're informative, inspiring and engaging. They show that composting is not difficult and can be satisfying as it significantly reduces our rubbish bin waste. Learners are offered a discount voucher to use if they decide to buy a compost system through the organisation.

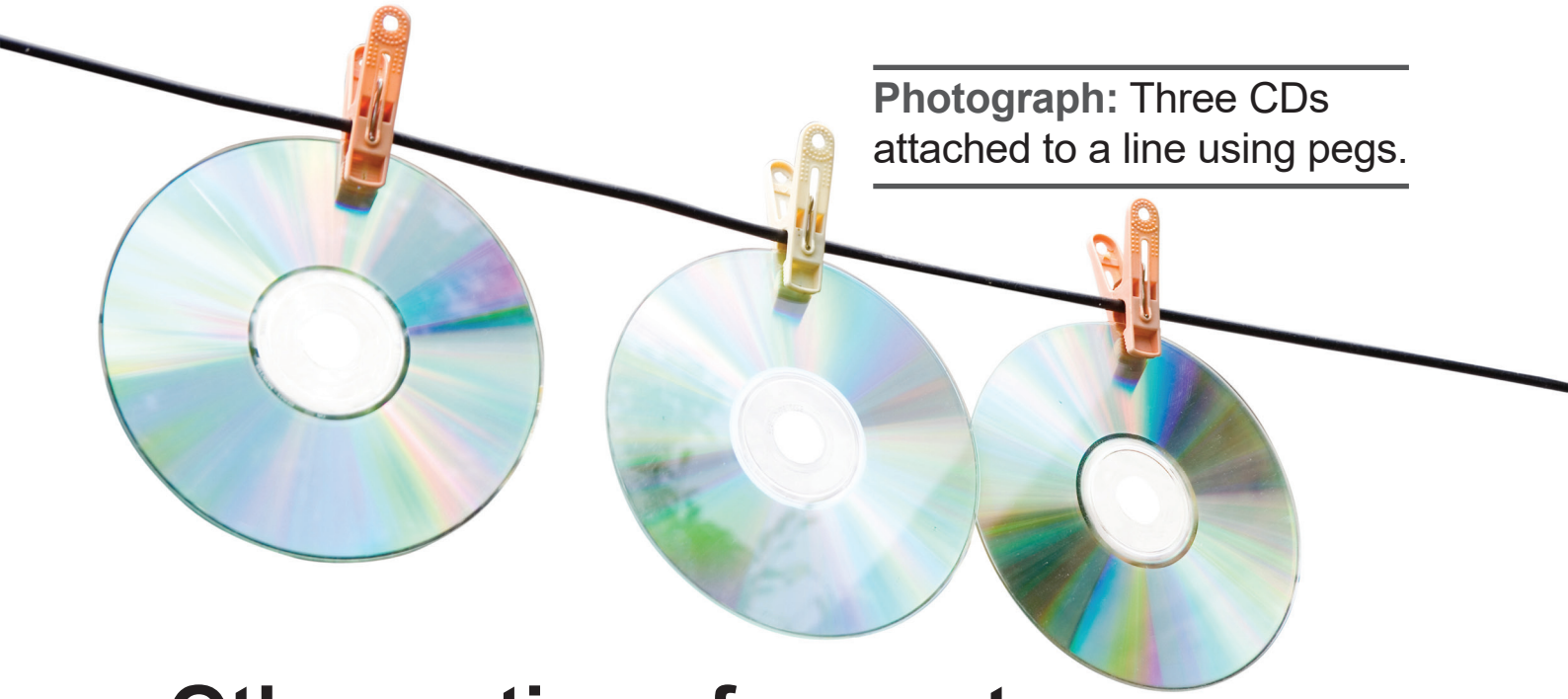
Contact Compost Collective for their expert help or to find out about composting workshops in your neighbourhood. Call them on **09 482 1672** or visit www.compostcollective.org.nz.

Garden waste including twigs, clover and grass clippings.

Garden waste removal companies

One way of getting rid of your garden waste is by paying a business to take it away for you. They will supply a bin or bag which is then collected on set dates. Choose a company that disposes of this waste in an environmentally friendly way.

One company is Green Fingers. Contact them at **0800 820 000** or visit www.greenfingers.co.nz. Another is Waste Management which also has garden bin options. Contact them on **0800 290 675** or visit www.wastemanagement.co.nz. We've noted only two companies through recommendations by our members but there are many more companies in Auckland able to collect your garden waste for you.



Photograph: Three CDs attached to a line using pegs.

Other options for waste

We've dealt with the services Auckland Council provides to help us get rid of our waste from the kerbside or our property and where we can drop-off our waste. However, we've only touched on other options to reduce our waste, some familiar and some perhaps not so. Consider the following ideas.

Community Recycling Centres

These community enterprises work to prevent waste going into landfill by reusing, repurposing, and recycling as much material as possible. They employ local people and have a shop on site. They accept a range of materials and unwanted items. Find out more by visiting the council's website www.aucklandcouncil.govt.nz.

Donating

Items in good condition such as clothes, bedding, crockery, furniture and cookware can be donated to places such as local op shops, refugee centres, churches, and Women's Refuge.

Some charities collect large items from your home and may collect smaller items if you ask. Creative collectives, local primary schools and early childhood centres may be interested in some items for their arts and crafts resources.

It can pay to call first to see if they're interested in the items you're wishing to donate.

Several websites also help connect you with people who may want your stuff. These include FreeCycle (www.freecycle.org); Neighbourly (www.neighbourly.co.nz) and Ask, Share, Give (www.asksharegive.org.nz).

Fix and repair

We often forget about the obvious! Look into getting an item fixed or repaired as a first option. Some things may cost too much to get repaired but you won't know until you've asked. Consider visiting a Repair Café event. Run by volunteers, Repair Café will work with you to repair and mend items you may have thought were needing to be chucked out. Contact Repair Café organiser Stephen McLuckie on **09 445 3830** to find out more about this global initiative and when a Repair Café event will be happening in your neighbourhood.

Selling

You can sell unwanted items online on sites such as TradeMe (www.trademe.co.nz) and Neighbourly (www.neighbourly.co.nz), or at a local fair or market. You can also offer to give an item away or swap it for something you need.

Upcycling

Upcycling, put simply, is turning trash into treasure. A few examples include using an old wooden pallet as a garden, hanging CDs from fruit trees to deter birds; making storage boxes out of audio cassette tapes and cases or reshaping an out-of-date credit card into a guitar pick.

There is an enormous amount of information out there about upcycling which really shows that thinking about waste as a resource can work wonders. Just type ‘upcycling’ into your search engine, and you get nearly 600,000 results. One Kiwi site that is worth a visit is www.greenideas.co.nz/upcycling/at-home. A little ‘outside the square’ thinking can transform your trash.

Photograph: A metal plug on a chain next to a sink hole.

Down the drain

Our drains, rivers and waterways need protecting. It's important to look at what we flush down the loo or swoosh down the sink. Fats and oils, along with make-up and wet wipes and sanitary products (tampons and pads) can form large, solid clumps or fatbergs. These can catch on tree roots and block pipes. When this happens, undiluted wastewater can overflow, polluting your property and Auckland's streams and beaches. In 2013, a fatberg about the size of a bus was found in the London sewers!

Most wastewater pipes in Auckland are only 100mm in diameter; they are not designed to carry anything other than wastewater and biodegradable products like human waste and toilet paper. If you put anything else down your sink or loo, you could block your drains and this can cost you a lot to sort out.

Only human waste and toilet paper should be flushed down the toilet. Everything else goes in a bin.

What to do with fats, oils and grease

Fats, oils and grease should not be put down the sink! Watercare has the following advice on how to deal with these safely:

- let left-over fat, oil or grease cool before scraping it into the rubbish bin
- scrape left-over food from pots and pans into your rubbish bin before rinsing and washing (a small amount of fat can be added to your bokashi bin).

Add a strainer to your sink to catch food scraps and other solids that can collect with fat to create a blockage. Put these scraps in your rubbish bin or add to your bokashi.

Avoid putting anything other than water down stormwater drains. The contents from these drains flow untreated into our fragile waterways.

Watercare is responsible for wastewater and Auckland Council is responsible for storm water.

For further information about the wastewater network, contact Watercare by calling **09 442 2222** or www.watercare.co.nz. For information about storm water, call the council on **09 301 0101**.

Photograph: A red metal watering can.

Saving water

Water is our most precious of resources – no water, no life.

Here are a few tips to save water:

- Install water saving showerheads and ultra-low-flush toilets.
- Take shorter showers – use a timer to let you know when you need to get out.
- Turn off the tap when brushing your teeth or shaving.
- Turn off the shower while you're shampooing your hair.
- Fix leaky taps and pipes.
- Put a bucket on the shower floor when you take a shower and use the water in your garden.

Photograph: A man walking with a boy along Piha beach leaving footprints in the sand.

Keeping this conversation going

Reducing our waste is in our hands.

Together we can meet the Auckland Council's vision of zero waste by 2040. For that to become a reality, everyone in the household and in our community needs to be on board. It's surprisingly satisfying doing something positive to make a real difference to our beautiful Tāmaki Makaurau.

This is a living document, and options for disposal for some items will change over time. We'd love to hear your ideas, experiences, tips, and even challenges as you start your journey to zero waste.

Do contact us to share your stories on our website www.blindcitizensnz.org.nz and Facebook page, and in our Auckland Branch newsletter and *Focus*. We will also update you on any changes the council introduces that will affect you through these same channels.

Many of us will find ourselves at the beginning of this journey, and it is fitting to end with Helen Keller's words which continue to inspire and unify. "Alone we can do so little, while together we can do so much."[3]

To make a blind bit of difference, we just need to get started!

Glossary

Terms	Definitions
Bokashi	A two bucket composting system to which food scraps can be added. Nutrients produced can be used in the garden. Find out more from Compost Collective – visit www.compostcollective.org.nz or call 09 482 1672.
Community recycling centre	Supported by Auckland Council, these centres are run by community enterprises. They accept a range of materials and unwanted items which are recycled and/or resold to prevent adding to landfill.
Compost	A mixture made up of decayed material (usually organic). It is used to fertilise the garden. There are several ways to compost matter. The Compost Collective offers information and free workshops on bokashi, worm farming and composting. Find out more from The Compost Collective – visit www.compostcollective.org.nz or call 09 482 1672.
Inorganic collection	Collection of inorganic items from your property once a year. This service is booked online or by calling 09 301 0101.

Terms	Definitions
Landfill	The place where the waste in your rubbish bin ends up. It is an area set aside where rubbish is buried. Landfill sites are set up to receive rubbish and prevent poisons from leaching into the soil in the surrounding land. There are several sites in Auckland where the council rubbish bin waste is taken.
Material recovery facility (MRF)	The contents of your council recycling bin are taken to a MRF in South Auckland where the materials are sorted and then recycled.
Menstrual cup	A reusable option for women to use during their menstrual cycle. It is inserted like a tampon but instead of absorbing the blood, it collects it.
Mooncup	A type of menstrual cup.
Recycling	The process of converting waste materials into new materials. The term is particularly used for the re-aggregation (melting or pulping), reprocessing and reforming of glass, paper, plastic, tin and aluminium through recycling programmes. The term implies cyclic process eg. glass melted and reformed into glass.

Rubbish rings	The rubbish rings referred to in our guide are made up of two parts, both to help aid identification of different materials. One is a collection of packaging samples of soft recyclable plastics which can be recycled. The second has samples of composite materials which cannot be recycled but can be confused with recyclable soft plastics.
Transfer Station	A place where you can pay to drop off waste. Transfer Stations can take larger items and hazardous waste. You will need to contact the Transfer Station first to find out if they accept what you are intending to take. They are publicly and privately owned.
Upcycling	Repurposing or recrafting something in such a way that the item becomes more valuable than it was.
Worm farm	This compost system uses Tiger worms to break down food scraps and other organic waste. The products can be then used in the garden. Find out more from Compost Collective – visit www.compostcollective.org.nz or call 09 482 1672.

Quick reference waste disposal table

The following table is a quick reference guide to what can and can't go into the council recycling bin. It also offers disposal ideas for items that cannot go in it. For a more comprehensive list of items that can be put into the recycling bin visit the Auckland Council website (www.aucklandcouncil.govt.nz) and type in 'recycling search tool' in the search bar or call them on **09 301 0101**. If you find other helpful resources or websites, please share them with us.

Item	Recycling bin?	Other disposal options
Aluminium cans	Yes	
Audio cassettes	No	The cases and tapes can't be recycled but they can be upcycled. Otherwise put them in the rubbish bin.
Baking paper	No	Can be put into the compost bin.
Batteries	No	You can drop off your hearing aid batteries at Bay Audiology – call 0800 700 851 or visit www.bayaudiology.co.nz.

Item	Recycling bin?	Other disposal options
Cardboard	Yes	
CDs	No	• Hang from fruit trees to scare away birds • Offer to a local creative collective, primary school or early childhood centre as they can be useful at the arts and craft table.
Condoms	No	Do not put down the loo. Wrap in toilet paper and put in rubbish bin.
Composite materials	No	General rule of thumb is if an item is made up of a mix of materials then it cannot be recycled and will need to be put in the rubbish bin.
Cotton wool	No	Can be composted.
Crockery	No	• Donate, repurpose or sell. • If broken, wrap in newspaper and put into rubbish bin.

Item	Recycling bin?	Other disposal options
Dog poo and cat poo	No	• There are systems available which can be dug into the garden – Zing Bokashi (who supply bokashi buckets and related products) have a product to look after these deposits. Call 03 614 8150 or visit www.zingbokashi.co.nz • Flush down the loo (but make sure dog poo is not in a bag and that cat poo is mostly free of kitty litter). • Put in a plastic bag and pop into the rubbish bin.
Glass	Yes	Jars, bottles – keep the lids on.
Incontinence pads and pants	No	• Reusable products available – reusable pads can be bought from Mama Cloth (call 021 0240 1212 or visit www.mamacloth.co.nz) or pants made by Confitex (call 0508 003 507 or visit www.confitex.nz) • Wrap in paper and put into rubbish bin.

Item	Recycling bin?	Other disposal options
Kitty litter	No	Put into the rubbish bin. Cat poo can be flushed down the loo but make sure it is as free as possible of kitty litter.
Lightbulbs	No	• Candescent/ordinary bulbs can be wrapped in paper and put into the rubbish bin. • CFLs (Compact Fluorescent Lightbulbs) or energy saving bulbs can be taken to some Transfer Stations (check first) or use Interwaste's collection system.
Lint	No	Put in rubbish bin.
Nappies	No	• Reusable options are available visit Kate Mead's (aka The Nappy Lady) Waste Free Parenting website – visit www.thenappylady.co.nz or call 027 221 1242. • Scrape solids down the loo first and then put into the rubbish bin.
Paper	Yes	

Item	Recycling bin?	Other disposal options
Plastic bags / soft plastics	No	• Bundle your plastic bags and soft plastic together and take them to your nearest collection point at your local supermarket or shop. There is a store locator at the Soft Plastic Recycling website www.recycling.kiwi.nz. • Ask Countdown delivery driver to return your bags to the store. • Reuse the bags.
Plastic containers	Yes	
Polystyrene (usually either a cup, takeaway food container or meat tray)	No	Avoid buying items packed this way.

Item	Recycling bin?	Other disposal options
Printed receipts	No	Put into the rubbish bin.
Shredded paper	Yes	Put into a cardboard box or large paper bag or envelope before putting in recycling bin.
Sanitary pads	No	• Reusable products available – reusable pads and menstrual (Moon) cups can be bought from Mama Cloth – call 021 0240 1212 or visit www.mamacloth.co.nz • Wrap disposable products in toilet paper and put into rubbish bin.
Straws	No	Buy a reusable straw and use instead of taking one from a shop or café.
Tampons	No	Reusable options – refer to sanitary pads.
Tetra Paks® and juice and drink cartons	Yes	

Item	Recycling bin?	Other disposal options
Tin foil	Yes	Scrape clean, roll into a ball and put into an aluminium can if possible before putting into the recycling bin.
Wipes	No	• Think of reusable options such as a flannel or other absorbent materials. If you need to take them with you, put a couple into a small plastic bag • Don't put down the loo! Put into the rubbish bin.

Directory

Organisation	Contact details	Notes
Auckland Council	09 301 0101 www.aucklandcouncil.govt.nz www.makethemostofwaste.co.nz	
Bay Audiology	0800 700 851 www.bayaudiology.co.nz	Drop your used hearing aid batteries here.
Blind Citizens NZ (Auckland Branch)	09 520 4242 aucklandbranch@blindcitizensnz.org.nz www.blindcitizensnz.org.nz	
Compost Collective (The)	09 482 1672 www.compostcollective.org.nz	
Confitex	0508 003 507 www.confitex.nz	

Organisation	Contact details	Notes
Eco Water Bottles and Lunchwares	www. water-bottle.co.nz	
Freecycle	www.freecycle.org	
Green Fingers	www. greenfingers.co.nz	Garden bins.
Green Ideas	www. greenideas.co.nz	Dog poo bags.
Honeywrap	021 330 047 www. honeywrap.co.nz	Reusable food wrap to use instead of plastic cling film.
Interwaste	0800 102 131 www. interwaste.co.nz	Recycling and waste collection service to dispose of used energy saving lightbulbs and medical waste.
Kai Carrier	www. kaicarrier.co.nz	Reusable food pouches for babies and adults.
Love Food, Hate Waste	www.love foodhatewaste. co.nz	

Organisation	Contact details	Notes
Mama Cloth	021 0240 1212 www.mamacloth.co.nz	Sell Mooncups, reusable sanitary products and breast pads.
Nappy Lady (The)	027 221 1242 www.thenappylady.co.nz	Information about reusable adult products and baby products (including nappies).
Neighbourly	www.neighbourly.co.nz	
NZ Tele-communications Forum	09 475 0203 www.tcf.org.nz	
Recycling Kiwi	www.recycling.kiwi.nz	Information on recycling soft plastics and location of collections bins.
Repair Café	09 445 3830	
Sulo	09 273 5987 www.sulo.co.nz	Sulo sell bin locks.

Organisation	Contact details	Notes
Upcycle	09 579 2606 www.upcycle.co.nz www.batteryrecycling.nz	E-waste and battery disposal and recycling.
Waste Free Parenting	See the **Nappy Lady.**	
Waste Management	0800 290 675 www.wastemanagement.co.nz	Rubbish and garden bins.
Watercare	09 442 2222 www.watercare.co.nz	
Zing Bokashi	03 614 8150 www.zingbokashi.co.nz	Zing Bokashi sell bokashi supplies and pet waste composting systems.

Council Transfer Stations

The following table lists the council Transfer Stations. Call the council or visit their website to find out about privately owned Transfer Stations in Auckland. **Please note:** Costs are involved when using Transfer Stations and it is wise to call first to make sure they take what you want to drop off.

Transfer Station	Address
Waitakere Refuse and Recycling Centre	50 The Concourse, Henderson (800m from the Lincoln Road off ramp on the North Western Motorway.) Tel: 09 301 0101
Whangaparāoa Recycling Depot	637 Whangaparāoa Road, Stanmore Bay (next door to Repco) Tel: 0800 426 5169
Waiheke Island Transfer Station	108 Ostend Road, Waiheke Tel: 09 372 1070
Great Barrier Island Claris Landfill	Tel: 09 429 0799

Acknowledgements

We would like to express our warmest and sincerest thanks to all those involved on the journey to produce our *Feeling rubbish* guide. In particular, we would like to mention our Blind Citizens NZ Auckland Branch committee members and members who have given their time and advice; Auckland Council staff especially those in the Waste Solutions team; Eruini Hawke, Cultural Advisor; Nicola Owen, Audio Describe Aotearoa; Helen Selsdon, Archivist, American Foundation for the Blind; Countdown and Watercare. There have been many conversations and emails that have paved this journey, and all input has been very much appreciated. Thank you.

Disclaimer: To the best of our knowledge, the information provided in this guide is correct at the time of writing (5 August 2017). Should you wish to check if this information remains current, contact Auckland Council on **09 301 0101** or visit their website www.aucklandcouncil.govt.nz.

Feeling rubbish has been written and produced with funding, input and assistance from Auckland Council and its Waste Minimisation & Innovation Fund. They can be contacted at **09 301 0101** or visit their websites www.aucklandcouncil.govt.nz and www.makethemostofwaste.co.nz.

Auckland Council
Te Kaunihera o Tāmaki Makaurau

Caption: Auckland Council logo.

MAKE THE MOST OF WASTE .co.nz

Caption: Make the Most of Waste logo.

Endnotes

1 Auckland Council, *Here's your rubbish and recycling guide* leaflet. 2017

2 From, *To Love This Life: Quotations by Helen Keller*. New York: AFB Press, American Foundation for the Blind, p.72. @2000. Reprinted by permission from American Foundation for the Blind. All rights reserved.

3 Courtesy of the American Foundation for the Blind, Helen Keller Archive.

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A
blind
BIT OF
difference

Blind Citizens NZ

Blind Citizens NZ's logo: The text 'a blind bit of difference' is in a black circle, the text is white except for the word 'blind' which is yellow. Text below the circle reads 'Blind Citizens NZ'. To the left is simulated braille reading 'Blind Citizens'.