

Recycling at Heriot Watt University

Do Recycle:

- Paper and unwanted mail
- Clean cardboard and clean drinks cartons (Small amounts of cardboard can be placed in the food bin (if available) too)
- Clean plastic bottles, tub trays etc.
- Clean cans, tinfoil and empty aerosols

Don't Recycle:

- Plastic bags, wrappers, crisp packets, clingfilm
- Paper towels
- Plastic plant pots and toys
- Glass (This is recycled separately)
- Food contaminated cardboard / paper

If you're unsure here's a link to Edinburgh Council's guide to recycling:
<https://www.edinburgh.gov.uk/recycling-3/individual-kerbside-collections>

Top Tips to Make Sure Your Recycling is Recycled In Halls

1. Wash all food off packaging before you recycle it, or the contamination will make it unrecyclable
2. Put your recycling in the clear bin liners provided so the recycling plant don't mistake it for general waste
3. Put food waste in the general waste bin
 - There are food waste bins for the catering services but none in the halls on campus. Hopefully this will change soon

How to cut down on Food Waste

1. Shop smart
 - write a shopping list so you don't buy too much
 - plan your meals for the week
 - check use by dates
2. Cook with your flatmates/friends
 - this will make portion sizing easier
3. Freeze what you don't eat
 - For example, if you know you won't eat a whole loaf of bread in a week, freeze half. It can then be easily defrosted in the toaster when needed
4. Make homemade vegetable stock
 - This is a way to use up the leftover scraps of vegetables
 - Tops, stalks, peels and other bits can all be used up this way
 - Recipes can be found online
5. Use apps that come up with recipes based on the ingredients in your cupboards
 - SuperCook, Chefing etc

TerraCycle & Green Buckstone

- Are companies that aim to eliminate "the idea of waste" by collecting items typically thought of as non-recyclable and recycling them
- Collection points for crisp packets and biscuit, cake and crackers wrappers can be found in the Hugh Nisbet Building opposite the student union shop

Recycling Clothes

If you're cleaning out your wardrobe and starting fresh here's a couple of ideas for recycling your old clothes.

1. **Upcycling** – turn your old clothes into something new! This is a very sustainable fashion choice and it's easier than you think.
2. **Clothing banks** – If sewing isn't your thing why not donate your old clothes to charity at a clothing bank or charity shop? Here's a list of where you can find some clothing banks (British Heart Foundation) around campus
 - Outside Anna MacLeod Hall, Robert Bryson Hall, Robin Smith Hall, Leonard Horner Hall, Lord Thomson Hall, Lord Home Hall.
 - Outside the Hugh Nisbet Building (on the Chaplaincy side of the building)

