

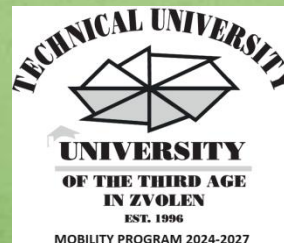
**3R (Reuse, Reduce, Recycle) –
it is "cool" to be responsible even in senior years - it
is a step towards a better life**

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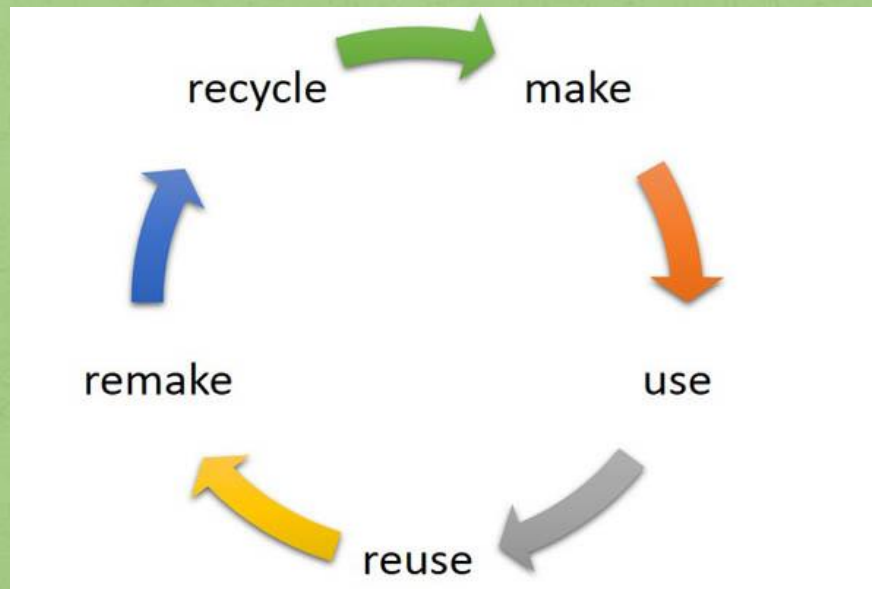


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What does 3R mean?

The 3Rs are a set of strategies designed to address waste generation and management control issues, including waste reduction, reuse, and recycling

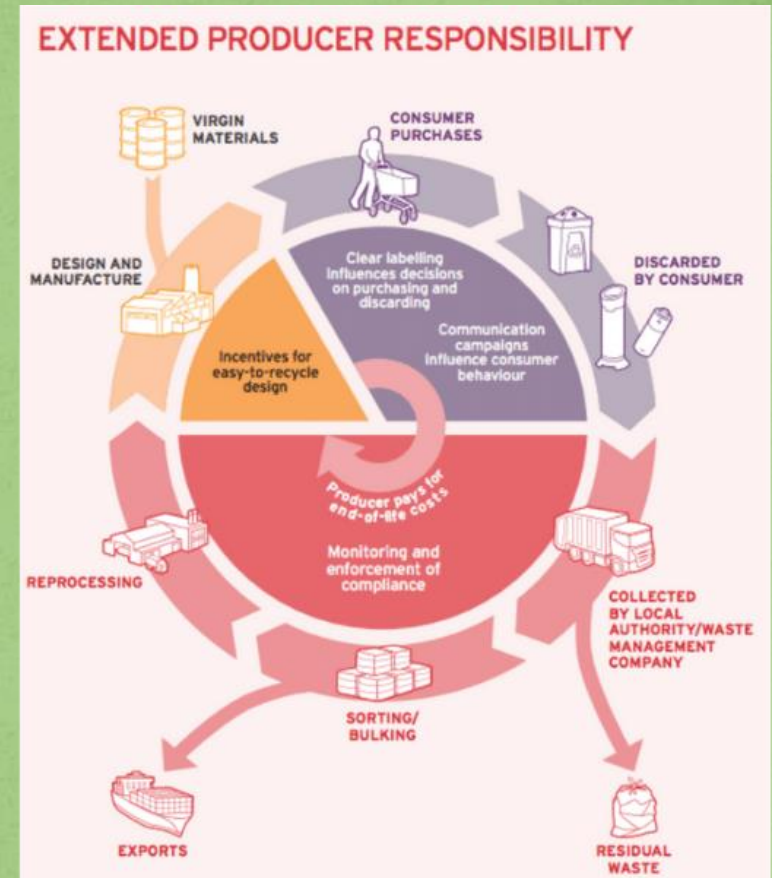


The first R - Reduce

This means reducing waste at all stages of the product's life cycle

To achieve this, it is important to develop more efficient production processes to ensure the least amount of waste

This also includes the stages of the product's production, distribution, marketing and consumption process



The second R - Reuse

In most cases, it is possible to assign multiple cycles of use to an object, regardless of whether it is intended for its original purpose. In this sense, reuse allows to prevent said object from entering the environment as polluting waste



Let's give things a second life - together it's easy!

For example: in order to promote recycling, reduce waste and encourage residents to act more environmentally friendly, in Latvia, the Sigulda city SIA “JUMIS” in cooperation with “Latvijas Zaļo punkta” has created a stuff exchange closet. It is an environmentally friendly initiative that invites you to review your consumption habits – what has become unnecessary for one person may be very useful for someone else. Every resident can take useful things for themselves free of charge, which are in good condition and immediately available for use. It is also possible to bring things that you no longer need, but are of high quality and can be useful to someone else



The Third R – Recycling

- Recycling is the reuse of waste in a production process
 - These materials can be reprocessed and used to produce new objects that are similar to the raw material or another product



What is waste?

- Waste is solid, liquid or gaseous substances, as well as products that are not needed in the relevant technological, economic or physiological process and are removed from it.
- Any substance or object that the owner must get rid of can be considered waste.

According to the characteristics of the waste, they can be divided into the following:

-household waste: this is mainly household waste, namely kitchen waste, paper, cardboard, plastic, fabrics, metal, ash, bulky waste (for example, furniture, large electrical and electronic equipment, etc.), as well as waste generated by service institutions - shops, schools, kindergartens, public catering, as well as manufacturing enterprises. Such waste is sorted, especially separating glass, paper, plastic;

-inert waste: this is low-toxic waste with a small amount of pollutants. These wastes do not undergo significant physical, biological or chemical changes after disposal, as they do not affect other substances and materials with which they come into contact, and do not pose a threat to human health or life;

-hazardous wastes are wastes that have one or more properties that make them dangerous to human life and health, the environment, as well as personal property, and that correspond to the categories of hazardous waste specified in the waste classification.



Recyclable waste and what can be obtained from it:

Commonly recycled materials include: various types of glass, paper, cardboard, metal, plastic, tires, textiles, batteries and electronics, biodegradable waste - such as food (including waste from food production and food supply chains) and garden waste.

Ideally, recycling a material results in a new material of the same type. For example: used office paper would be transformed into new office paper, and used polystyrene foam - into new polystyrene foam, glass bottles and jars can be reused by washing them thoroughly.

Compost can be obtained from collected, biodegradable, food, garden and park waste, after processing in biogas plants - energy and also much-needed fertilizer in agriculture.

Materials that are difficult or too expensive to recycle compared to producing the same product from raw materials (or other sources) are used in the production of various other materials. For example, paper is made into cardboard, plastic bottles can be made into new bottles, household goods and even clothing.

Other types of recycling include:

- recovering component materials from complex products because of their specific value, such as: extracting lead from car batteries and extracting gold from printed circuit boards,
- or recovering component materials from complex products because of their hazardous nature, such as: removing and reusing mercury from thermometers and thermostats.



Why separate waste?

Waste should be sorted:

- To reduce the amount of waste;
- To save natural resources;
- To avoid polluting the environment and thus posing a threat to human health;
- To reduce waste disposal costs.



How to sort waste?



GARBAGE

Basura / 垃圾

Plastic Wrap, Bags & Gloves



Food Service Ware



Other Non-recyclable Packaging



Foam Plastic Packaging



RECYCLING

Reciclaje / 回收利用

Empty Bottles & Cans



Cardboard & Paper



ORGANICS

Materias Orgánicas / 有机物

Discarded Food



Food-Soiled Paper



Plant Debris



Waxed Cardboard*



*Belongs in the garbage in some cities

How to recognize waste sorting containers?



How can we as consumers interact with the 3Rs?

Some suggestions:

- We sort waste and recycle what can be recycled!
- Buy non-perishable food items in larger packages to reduce the number of packages and save on the price per kilogram – after opening, put them in a storage container or freezer at home
- When shopping, take cloth bags or shopping bags with you – you will reduce the circulation of plastic bags
- Buy and use a reusable water bottle – you can fill it at home or at public water filling points
- If you eat at public catering establishments and cannot eat everything you ordered – do not be shy about asking for a take-away box
- If you are at a seminar and there are disposable coffee or water glasses – write your name on them and use them throughout the seminar day
- Give good and useful things to others who can use them
- If possible, when paying by card, choose not to bring a copy of the receipt with you – you will still be able to view everything in the online bank
- Print unimportant information double-sided and in grayscale – you will save ink, paper and money!



Will there be another 4R - Reject?

Currently, the strategy proposes to introduce the fourth R - Reject, which refers to the prevention of consumption of products that have an impact on the environment.

For example:

- replacing plastic shopping bags, as they have a large negative impact on the environment,
- a proposal to give a second life to products that are still useful, and their replacement is determined only by fashion (causes obsolescence), - good, still usable clothing (children's, adults), household items - dishes, furniture, etc.
- it is proposed to include in the strategy a requirement for manufacturers regarding the durability of products, instructing them to use materials in production that ensure a longer service life for the product.



Together we can make our planet more sustainable!

PROTECTING OUR PLANET STARTS WITH YOU



**BIKE MORE
DRIVE LESS**



EDUCATE

When you further your own education, you can help others understand the importance and value of our natural resources.



Volunteer!

Volunteer for cleanups in your community. You can get involved in protecting your watershed too!



**reduce
REUSE
recycle**

Cut down on what you throw away. Follow the three "R's" to conserve natural resources and landfill space.

CONSERVE WATER



The less water you use, the less runoff and wastewater that eventually end up in the ocean.

choose sustainable



Learn how to make smart seafood choices at www.FishWatch.gov.



Buy less plastic and bring a reusable shopping bag.



**Long-lasting
light bulbs
- ARE A -
BRIGHT
IDEA**

Energy efficient light bulbs reduce greenhouse gas emissions. Also flip the light switch off when you leave the room!



**Don't send
chemicals
into our
waterways.**

Choose nontoxic chemicals in the home and office.



**PLANT
A TREE**

Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change.



oceanservice.noaa.gov

Thank you for your attention!

