

## Reduce

Reduce simply means to make less waste. You can also think of it as living more carefully so that you have less rubbish to get rid of later.

Changing your habits is the key- think about ways you can reduce your waste when you shop, work and play. There's a lot of ways for you to reduce waste, save yourself some time and money, and be good to the earth at the same time.

Every shopping decision you make has a direct impact on the environment, the cleanliness of your neighbourhood and on the health of your community.

## Did you know?

- The city produces around 4,300 tons of waste per day. If one elephant = 6 tons, People in Dar es Salaam throw away the equivalent of over 700 elephants per day of trash!!!
- But only 40% of Waste goes to a dump site, where does the other 60% go? Forests, Rivers and the Ocean.
- Rains wash the trash into drains which then flow into the ocean. The trash blocks our drains and causes flooding and increases the outbreak of many diseases including mosquito borne (Malaria, Dengue Fever), typhoid and cholera.
- Burning trash releases toxic chemicals into the air like cyanide, mercury and arsenic which are all dangerous to our health.

## There are a number of ways to reduce your waste, including the following:



Refuse plastic bags



Choose kikapu, canvas or cloth bag



Refuse disposable containers and foil papers when buying lunch (chips kuku/mayai or wali from Mama ntilie).



Choose reusable containers



Refuse Soda in a plastic bottle or can



Choose returnable bottles



Refuse Straws.



We can drink without



Refuse unnecessary packaging



Choose items with little or no packaging

**There is NO such thing as "away"  
Think before you toss!**