The neighborhood committee has undertaken a series of actions aimed at urging the institutions on the topic of the waste to be collected with the correct frequency.

In addition to this we believe that each of us can collaborate concretely to face the waste problem of our neighborhood reducing the volume to be disposed of.

Below we propose 10 measures to reduce the volume of the produced waste:

**1. Avoid food waste**

Always check the expiration date of the purchased products and plan their consumption before the indicated date avoiding so the useless waste.

**2. Replace everything that is designed as use and throws with products that can be used** **repeatedly and/or recycled**

Renounce the purchase of plates, glasses, single use plastic cutlery, handkerchiefs and paper napkins, etc. ...; all of them can be substituted with equivalent products made of materials that can be used several times.

**3. Avoid the purchase of products with excessive packaging, especially in the case of plastic**

Prefer products with less packaging; why should you buy packaged fruit and vegetables, generally less

fresh and more expensive compared to the bulk ones?

**4. Prefer to buy draft products**

Detergents, shower gel, liquid soaps etc ... and even some food products can be purchased in bulk using always the same bottles/dispencer/containers with considerable reduction of the packaging waste. Even if the stores of this type are not right beside your house, you just have to go a few times a year doing an adequate supply. (Many of these deliver at home).

**5. Not all the dumpsters are filled the same way...**

If you find the dumpsters that are closest to your home door already full, please before leaving your rubbish on the ground or in bags hanging from them, check if there are any more (perhaps in the next street) emptier as they are used by fewer people.

**6. Press your trash before throwing it in the dumpsters.**

It is essential to crush bottles, flasks and plastic containers in such a way that all the air comes out

before throwing them. Avoid crumpling the paper and the packaging; it is better to bend/press them to obtain a smaller volume.

**7. Bulky waste must be taken to specific disposal centers**

The possibilities to dispose the cumbersome waste are the Collection Centers (the collection center of the 5th Municipality is in via Teano 38 - Largo Preneste), the Bulky waste collection at home (ChiamaRoma - call phone 060606) or on the occasion of the Cumbersome Sunday Collections and/or Cumbersome Extraordinary Collections events.

**8. Clothes, clothing accessories and shoes.**

The clothes and shoes make volume, do not throw them in the dumpsters, there are many alternatives: you can gift them to those who need it, take them to some volunteer organization, try to sell them online or through the flea markets or in the last alternative throw them in the specially designed "yellow bins".

**9. Always evaluate the possibility of reusing and recycling of what you are about to throw away.**

There are many websites that suggest a creative and fun reuse and recycling of everyday objects, try to consult them before deciding that the object in question is a waste.

**10. Learn, spread and share these tricks with the inhabitants of your neighborhood**

The more your word of mouth is and the more of the proposed measures you share, the greater chance you have to see the streets of your neighborhood more free from waste.

The extended text with more information can be found on www.ilovetorpigna / ...... it

If you have any comments or suggestions, please write to: grupporiduzionerifiuti@gmail.com

Workgroup: Andrea Oliveti, Alfonso Pascale, Dominga Colonna.