

RECYCLING

Avoid buying food in unnecessary plastic packaging. Buy only as much as you really eat; not more. Around 9 million tonnes of food are wasted in Poland every year.

When bringing food to the University, **do not use disposable bags or plastic foil for sandwiches**, opt for reusable containers, preferably glass, or, e.g., wax wraps made of cotton and beeswax, i.e. reusable packaging replacing foil for sandwiches.



Remember about recycling at the University, just like you do at home. **Recycle plastic.** Otherwise, it will linger at landfills and decompose for 500 years. What is more, you will find two **special heart-shaped bins** at the University – one at the Faculty of Pharmacy and the other at Collegium Biomedicum – for the plastic caps. The milk carton, despite its paper-like name, should also be thrown into yellow-marked, plastic-dedicated bins. Its energy value allows you to power a 40 W bulb for 1.5 hours.

Recycle cans. They decompose for about 200-400 years and can be recycled an indefinite number of times. The same goes for glass. Reusing one glass bottle saves 1,100 W of energy – enough to produce a new one. This is the energy equivalent to 22 hours of computer work.

Separate hazardous waste such as, e.g. batteries from the others. They contain heavy metals which, when introduced into the environment, pollute the soil. Batteries must be placed in special bins, which you will also find in the many campus buildings.

Empty the packaging before throwing it away but do not wash it. There is no point in wasting water, because they are cleaned mechanically in the sorting plant anyway.

When buying takeaway food, **do not use styrofoam packaging** which decomposes for about 500 years. Take your own reusable packaging and metal cutlery to the University to avoid using plastic ones.



Recycle paper, and preferably use it as little as possible. Print only what you need. Take advantage of the double-sided printing option or print two pages on one side of the sheet. About 1200 litres of water are used to produce 1 ton of paper – 17 trees are cut down in the process. This is the exact amount of trees which produces oxygen for 170 people a year.

A ton of glass can be used to make 2,000 1.5-litre glass bottles and a ton of plastic bottles to manufacture 100 fleece jackets.