**How would you reduce your own waste?**

What would you say if you realized that you produce too much waste and you asked yourself this question? Answer: Use the 5 Rs consisting of Refuse, Reduce, Reuse, Repurpose and Recycle!

Our problem is consumer waste. Because nowadays every food you can buy from the supermarket is wrapped at least once in plastic or other packaging material. And this packaging can usually no longer be reused. Even with online orders, a lot of cardboard comes together. In addition, there is the waste that we don't even notice. Such as tissues, hygiene articles.

We can use the 5 Rs in our daily routine. I will now give a few examples for that. Replace online shopping with analogue shopping as far as possible. When shopping, use a basket or reusable bag and don't buy a disposable bag there. Or you can just get creative and make something with, for example, milk cartons or toilet paper rolls.

in my opinion, reducing waste makes a small contribution to fighting climate change. Most waste is burned in incinerators and that's bad for the ozone layer and bad for climate change. But I think that emissions from traffic, for example, have a greater impact on climate change.