



"Wastes are items we (individuals, offices, school, industries and hospitals) don't need and throw."

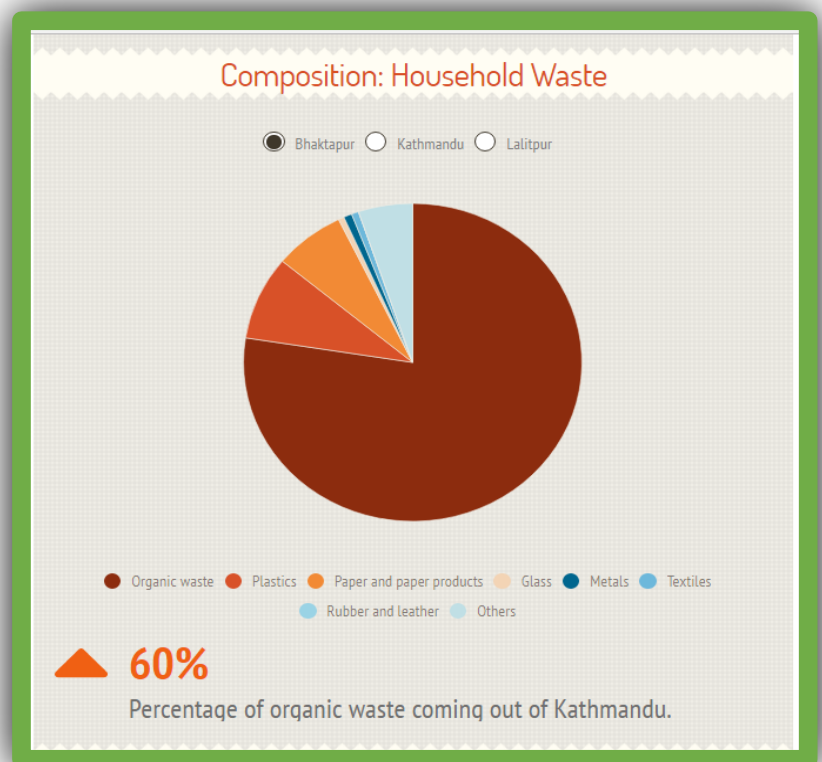
Over Six billion people live on our earth. Every person creates waste such as food packages made of cardboard and plastic, aluminum cans, used paper, broken down cars, old toothbrushes, grass clippings, leftover food, empty containers of cleaning products ...

WHAT ABOUT WASTE IN KATHMANDU?

Kathmandu, the capital city is the most populated city of Nepal. **A lot of solid wastes are produced daily.**

Kathmandu's problem with solid waste, more commonly referred to as garbage, is no secret.

Rapid unplanned urbanization has brought traffic jams and choking pollution and **waste management** continues to be in **crisis!!**



As 60 % of Kathmandu garbage is organic, composting is one solution. There is the need for country-wide public awareness and education campaigns about the **3R's – Recycle, Reuse, Reduce** in schools, in the media, door to door.



WASTE MANAGEMENT

Efficient and effective waste management is best achieved at household levels.

If every person gets involved, we can have a powerful effect on our environment in a positive way.

Many times, people want to do the right things but they feel they are alone, and their actions will not make any difference, WRONG!

Here is what you can do to fight against waste pollution:

REDUCE creating waste: You can reduce the amount of waste you create by choosing what rubbish you throw away: *(Buy only what you need, buy products that can be re-used or with little packaging...)*

RE-USE things that end up as waste: There are things that can be used over and over again: *(package boxes, gift wrappers, clothing, furniture and even playing toys)*. If you don't want them anymore, you can give it out to someone who has a need for it.

RECYCLE: Recycling is a process that transforms used materials (waste) into new, useful products. Recycling also uses less energy and is a great way of controlling air, water, soil land pollution. This process conserves also our natural resources and saves energy.

Start composting? Composting is nature's process of recycling decomposed organic materials into a rich soil known as compost. By composting your organic waste you are returning nutrients back into the soil.

→ HERE ARE SOME TIPS TO HELP YOU ☺

- Use proper towels and ceramic plates instead of paper towels, disposable spoons and paper plates
- Get your own shopping bag instead of bringing home plastic bags each time you go shopping
- When things break, see if they can be fixed before throwing them away
- Transform your organic waste into compost if you have a garden
- There are many ideas to recycle newspaper and plastic bottle, check on the internet ;)