

# Kitchen Tips

FOR THE RIVER



Design by Tamsyn Gill

From food to chemicals, what goes down the sink can block pipes and harm river life -  
**SMALL SWAPS MAKE A BIG DIFFERENCE!**

Natural sponges, brushes, and cloths = no plastic shedding

Sink-strainers catch food scraps

Local, seasonal, regenerative foods use less water, travel fewer miles, and help rebuild soil

Coffee grounds can be composted or put in food recycling



Pour oils and fats into a jar and take to the recycling centre, or seal in a leak-proof container and bin it



Milk can be used to fertilise outside plants



Eco-friendly soaps cut chemicals and plastics

Take chemicals (i.e: paint, white spirit) to the recycling centre



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