

Aspiring to Zero Waste with the Brady Family

We learnt so much from Roisín Brady and her children today who are a young family aspiring to zero waste. The family, who live at the foothills of Croagh Patrick, grow their own fruit and veg in poly tunnels and do their own weeding using no pesticides. It takes them approx.. five months to fill a bin bag. We were grateful for their visit and inspirational talk on how they have reduced their waste significantly following the hierarchical approach of Refuse-Reduce-Reuse-Recycle-Rot. Many of us are familiar with Reduce-Reuse and Recycle but the introduction of Refuse and Rot can significantly reduce our waste further and reduce the contents of our refuse bins. Refuse to use plastic and rot what we can to make compost. It is estimated that by 2050, all birds will have plastic in their systems. If we continue to use and waste plastic in the way we are currently doing, we are contributing to these horrifying predictions.

Shockingly, it is reported that 33% of the food we purchase goes to waste. Only 23% of the 120,000 tonnes of plastic is recycled due to contamination. Some simple changes we can make to our daily lives to model the approaches and methods of the Brady family would be to use our own stainless steel bottles for drinks and fill these with our own tap water. Also, adults can use stainless steel coffee mugs. Avoid using plastic pens and instead use ones that have replaceable ink refills. Use old style crayons and colouring pencils instead of twistables. If you use tin foil, make sure it gets put in the recycle bin; tin foil is made from aluminium the same as cans. Instead of overusing tissues, we could use our own cotton handkerchiefs which can be washed and kept in sealed plastic bags for hygiene purposes.

Many of the materials the Brady Family use to preserve the environment are made from bamboo and their products are purchased at boobaloo.com. e.g. toothbrushes, scrubbing brushes (made from bamboo and coconut) and toilet rolls. Did you know that sweet almond oil makes for a really nice moisturiser?

By bringing lunch boxes to the butchers, you can ask the butcher to put the meat into the lunch box instead of wrapping it in plastic. This eliminates the need for plastic around meat. We could try purchasing products in glass jars and bottles rather than plastic. Also, fruit and veg can be purchased loosely

and put into a net, cloth bag. Bread can be purchased without plastic wrappers and instead wrapped in muslin cloths.

An alternative to large shampoo bottles and shower gels would be to use biodegradable soap. Soap lasts longer and kinder to the environment with less added chemicals on your skin. A bar of soap can last for up to one month. Instead of buying toothpaste, you can make your own using a tablespoon of bread soda mixed with three tablespoons of coconut oil, some peppermint can be added to give a mint taste.

To really make a difference, why not get a Bokashi Composter bin so you can compost cooked food using bran. Bokashi juice is alive with micro-organisms that can be used for composting in the garden. To learn more about it, [click here](#).

For more information on caring for ourselves and our environment, go to zerowasteireland.com

Cashel in Co.Tipperary are the first town in Ireland who are aspiring to zero waste, [click here](#) to read about it. With the help of the Brady Family from Westport, let's all join Cashel in Co.Tipperary in aspiring to zero waste.