

Thorndon Parish Council 4.4.2013
County Councillor Report

Try A Rubbish Diet!

In 2008, a Bury St Edmunds' housewife, Karen Cannard, took the Borough Council's *Zero Waste Week* challenge and shrunk her bin over eight weeks from a full load to just a small bag. In the final *Zero Waste Week* she made the headlines by throwing away nothing but a single plaster!

Since then, her *Rubbish Diet* blog has reached far and wide, with people around the country and abroad taking the rubbish challenge, seeing how low their bins could go!

On 15 April the *Rubbish Diet* is about to gain further momentum as BBC Radio Suffolk's Mark Murphy is bringing the challenge back to Suffolk and will be encouraging as many people across the county to join him as he slims his bin and helps folk across the county to do the same, participants who have taken on the *Rubbish Diet* challenge have reduced their waste by an average of 50% and even saved money too.

Billed as 'Weight watchers for your bin', dieters weigh their waste every fortnight and aim to lose weight by reducing, recycling, reusing and composting. Dieters form a 'support group' similar to a slimming club, to identify targets and share ideas. Karen Cannard can confirm that the process isn't too hard and she will support all the people who are taking part.

All you need to do is work out how much rubbish you already throw away and estimate the top five things that fill your landfill bin - then over eight weeks, try to find ways to eliminate them.

There will be plenty of advice on Mark Murphy's show, starting on 15 April, plus weekly updates from Karen's *Rubbish Diet* team too, as well as advice from the waste team at SCC.

contact Caroline Fish on caroline.fish@suffolk.gov.uk

Greenest County Local Winner

Last week's Creating the Greenest County Awards event celebrated green achievements. This year's awards featured the best newcomer award, the winner was Crispin Recycling Ltd Operator of the Brome & Oakley Community Recycling Centre situated on the Brome Industrial Estate at the northwest corner of Eye Airfield, following Suffolk County Council's closure of the site as a free facility. The site had proved unviable as a fully commercial operation but Kevin Crispin believed he could make it work on a self-employed basis, supported by his family. Suffolk's own Paralympic medal winner Zoe Newson was the surprise guest host.

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