Case study on personal actions in recycling knowledge and behaviour

Mr. Grey and Mrs. Grey are a food-loving couple. They have three children and several grandchildren who visit them quite regularly. They tend to keep food in the fridge for surprise visits. Recently, they have noticed that a lot of food goes to waste because they don't know in advance when the family will come to visit. Furthermore, they have realised that most packaging is in plastic which has a negative impact on the environment. They want to change their behaviour in relation to recycling and reuse of food but they still want to have food available for surprise visits.

First, they start thinking of the material used in packaging by simply reading the instructions on the back of packs and packets, giving preference to products sold in recycled packages. They then start to consider canned, dry, long-lasting food that can be stored for several months. Finally, they create their own vegetable garden to pick fresh vegetables when needed. In the autumn, they plan to make preserves from fruit and vegetables they will harvest in their vegetable garden so that they will last longer and will not be thrown away.

Please reflect on the following questions:

- Did you know that you can also support the environment by buying packages made with recycled materials?
- Do you consider the material the packages are made with when shopping? If not, why?
- Do you know how to recycle? If not, do you know where to find information?
- Did you know that recycling is not only about recycling the products you use but the material used for packages, bottles, etc.?
- Can there be any negative consequences from this behaviour?
- What are the challenges for you to have a positive recycling behaviour?
- How could you engage others in your neighbourhood to think about recycling behaviours when shopping?
- Did you know that recycling is also about how you store and consume food?
- What is the message that you would like to send out to your relatives to entice them to join you?

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