



Householders' Options to Protect the Environment Inc.

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HOPE E-news Bulletin 2024 #08 --- August 2024

The following items have been gathered from various e: newsletters received by HOPE in recent times; and/or prepared specifically by HOPE members and supporters. If you have any news to contribute, please forward to office@hopeaustralia.org.au. Deadline for articles is 15th day of the month.

Editorial

Welcome to the August issue of the newsletter! In this edition, more on conservation and waste. Firstly, there is Australia's Strategy for Nature 2019–2030 which is a significant initiative that provides a comprehensive national biodiversity strategy and action plan and Bushland Conservation Pty Ltd. Then we learn about food waste, a significant environmental challenge and Australian Youth Climate Coalition (AYCC). Lastly, we further learn about Reverse Garbage Queensland (RGQ), a 'reusable' eco arts co-operative.

Kind regards,

Nina Stick, Newsletter Editor – HOPE Inc.

2024 Environmental Observances

August

5-11 [Keep Australia Beautiful Week](#)

9 [International Day of the World's Indigenous Peoples | United Nations](#)

19 [World Humanitarian Day | United Nations](#)

29 [International Day against Nuclear Tests | United Nations](#)

September

7 Threatened Species Day

14 **HOPE quarterly Ordinary Meeting**

16 [International Day for the Preservation of the Ozone Layer | United Nations](#)

21 [International Day of Peace | United Nations](#)

26 [World Maritime Day | United Nations](#)

26 [International Day for the Total Elimination of Nuclear Weapons | United Nations](#)

29 [Food Loss and Waste Reduction | United Nations](#)

October

2 [World Habitat Day](#)

4-10 [World Space Week](#)

12 [World Migratory Bird Day](#)

16 [World Food Day](#)

Your financial support is sought! – <https://www.hopeaustralia.org.au/donations/>

We invite members and supporters to consider making an annual financial contribution to help cover our operating costs of approximately \$20,500 p.a.

Currently, our income is derived from project grants, fund-raising, corporate sponsorship and donations, but falls well short of our requirements.

Your financial support, by way of an annual pledge or donation, will considerably help us to achieve better financial viability.

Of course, if you 'cash in your containers', why not donate those monies to **HOPE Inc** | Member number: C11107170.

Please help us to continue our efforts in advocating for responsible stewardship of the environment and supports adopting sustainable long-term solutions to the manifold environmental problems facing humanity.

Australia's Strategy for Nature

Review by Gabriel Malandu, HOPE researcher Qld



The Australia's Strategy for Nature 2019–2030 is a significant initiative that provides a comprehensive national biodiversity strategy and action plan. It serves as a guiding document for conservation efforts in Australia over the next decade. This report serves as a comprehensive representation of the shared vision and goals of multiple stakeholders, including the Australian Government, state and territory governments, Indigenous communities, non-government organisations, businesses, scientists, and individuals. It emphasises a collective commitment to preserving the natural heritage of the country.

The report's focus on fostering a connection between all Australians and nature demonstrates a profound appreciation for the importance of the environment and the desire to cultivate a sense of duty and care among the population. The report emphasises the significance of fostering positive relationships between people and the natural world by encouraging engagement with nature and supporting the incorporation of green spaces in urban areas.

The report also highlights the importance of preserving nature's diverse ecosystems and emphasises the crucial role that biodiversity plays in maintaining the health and resilience of these ecosystems. The report focuses on implementing conservation efforts, risk reduction strategies, and sustainable resource management practices to safeguard Australia's distinctive flora and fauna for future generations. This report also emphasises the importance of understanding the connections between all living beings and ecosystems as it encourages a comprehensive approach to nature conservation that values traditional ecological knowledge and supports sustainable land management practices.

Australia's Strategy for Nature emphasises the significance of evidence-based decision-making in conservation efforts, highlighting the value of building and sharing knowledge. It aims to improve understanding of Australia's natural systems and inform effective conservation strategies by combining scientific research, traditional ecological wisdom, and community insights. The initiative seeks to enhance capacity, foster innovation, and bring about positive change in nature management practices through collaborative efforts and knowledge sharing among various stakeholders.

The report offers a well-organized framework with defined timelines and measures to track and assess conservation outcomes. The report seeks to track the progress of conservation efforts and showcase the impact of interventions on biodiversity conservation through the implementation of effective reporting mechanisms and accountability measures. The report aims to create an atmosphere of collaboration and growth in nature conservation practices by promoting transparent and inclusive reporting.

Ultimately, Australia's Strategy for Nature 2019–2030 goes beyond being a simple initiative. It acts as a guiding light, encouraging collective action and collaboration to protect Australia's natural heritage. This report emphasises the significance of adopting a comprehensive and inclusive approach to nature conservation. It highlights the need for sustainable environmental management practices and the preservation of biodiversity for the well-being of present and future generations.



“Protecting threatened natural ecosystems in South Australia”
<http://www.bushlandconservation.org.au/>

Written by Cassandra Adofo-Kissi, HOPE researcher ACT

Main Aims

Established in 1975, Bushland Conservation Pty Ltd is a private, not-for-profit company aimed at *purchasing or leasing land in its natural state to protect it from exploitation and preserve existing landscapes, flora, and fauna.*

Bushland Conservation Pty Ltd was an early leader in corporate nature conservation in SA. *It is managed by a voluntary group of directors, a Treasurer, and a Company Secretary.* Directors are elected by the Company's 50 shareholders at an Annual General Meeting.

The objectives of the Bushland Conservation Company Pty Ltd are to restore and maintain areas of native bushland in perpetuity. The Company seeks to obtain land in its natural state, protect existing flora and fauna, and secure it from exploitation. Each property represents important remnant flora of South Australia and are actively managed to control feral species, maintain fencing and commence revegetation, which is undertaken voluntarily by the members.

For information about the aims of Bushland Conservation P/L, go to <http://www.bushlandconservation.org.au/>

Achievements

Landcare Award

Won the first South Australian (SA) award in this category. Then after being successful against other states, Bushland Conservation Pty Ltd also took out the National Award. This win created a lot of interest, publicity, and exposure for the company. This resulted in a TV report on ABC's Landline program.

Bushland Conservation Landcare Group

In 1995, the Bushland Conservation Landcare Group, was set up. This group was made up of shareholders. As a result of establishing this group, Bushland Conservation were able to access grants for management costs and groundwork.

Current Campaigns/Projects

NVHA Grant Re-vegetation Project

This project is progressing well with the key infrastructure components now completed. This includes the construction of a 1.54 km fence, enclosing an area of 13 hectares. This will ensure that the enclosure is secure from pests for years to come. Substantial areas have now been mowed and sprayed within the enclosure with plans in place to take action to control weeds.

At present there are two thousand plants being grown in preparation for the 2024 planting season. Seeds for these plants were collected locally and harvested from the property. Additionally, 10,000 plants are currently being planted as part of the 3-year grant programme with opportunities for volunteers to participate by planting, weed control and watering activities over the next 3 years.

Biodiversity Links Project Monarto to Tungkill

This project began in 2023 with 1000 plants being grown by Bushland Conservation on contract to Second Nature Conservancy. At present these plants are doing well and will be planted at Rockleigh outside of the enclosure during the 2024 planting season.

For more information or to get involved please visit the website at <http://www.bushlandconservation.org.au/>

Food waste in Australian households: Role of acquisition of food in reducing food waste

By Mazibar Rahman – HOPE researcher QLD

Australia is facing a major issue with food waste, leading to significant environmental and economic consequences. Australian National Food Waste Strategy's goal is to reduce the nation's food waste by 50% by 2030. However, there is currently a lack of clarity in the policies about how food acquisition can help reduce household food waste. This edition will explore this important issue further.

Food Waste in Australia

Food waste represents a significant sustainability challenge, particularly in Australian households. It includes edible food that enters households but is ultimately thrown away for various reasons (Nabi et al., 2021). While food waste is a global issue, developed countries, including Australia, experience significant amounts of household food waste (Organization, 2019). In Australia, food waste in household accounts for 34% of total wasted food mass, equivalent to approximately 3.1 million tonnes annually (CRC, 2019). The cost of food waste to the Australian economy is \$36.6 billion per year (National Food Waste Strategy, 2020). Research estimates suggest that the average Australian household throws away approximately 350 liters of food annually, weighing 340 kilograms and valued at \$3,000 (Ananda et al., 2021). This waste contributes significantly to the country's \$20 billion annual food loss, with household waste accounting for half of this value (CRC, 2019). State-level studies provide further evidence: households in Victoria waste 7.8 liters of food per week (Victoria, 2019) while households in New South Wales discard 5.5 liters of food per week (Dastjerdi, 2022). These statistics underscore the urgent need for strategies to mitigate household food waste at national and global level.

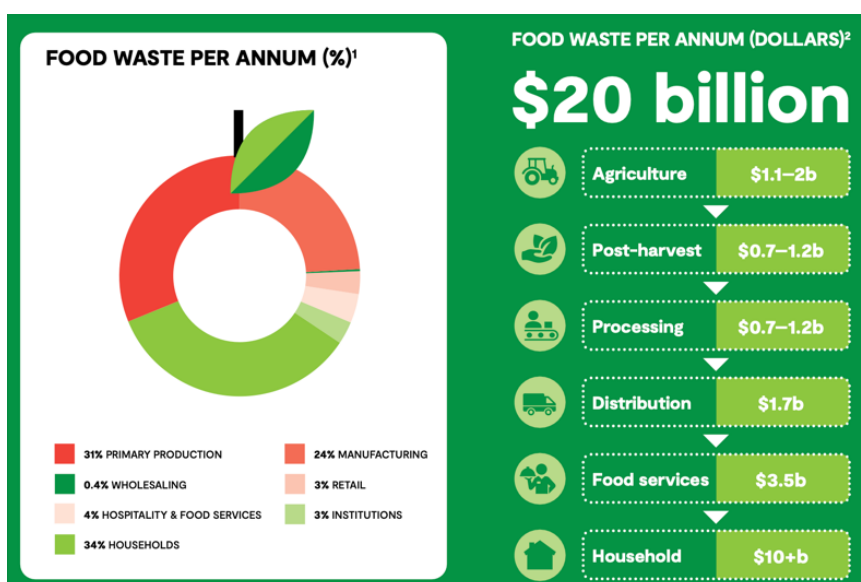


Figure 1: Food waste snapshot 2020 per annum (%) in Australia
(Source: Adapted from National Food Waste Strategy)

Reasons for Food Waste

Researchers have extensively examined various concerns related to household food waste using different disciplinary perspectives. They have predominantly adopted two sociological viewpoints: (i) the behavioural approach and (ii) the socio-psychological approach. The behavioural approach focuses on understanding consumers' cognitive processes to predict their intentions (Haque et al., 2022; Schanes et al., 2018). This perspective addresses factors that influence buyers' norms, attitudes, knowledge, and intentions regarding food waste, from purchase to consumption (Nabi et al., 2021). Effective planning at each stage has the potential to minimise household food waste. Consumers often overbuy and store food to reduce the inconvenience of frequent shopping trips (Secondi et al., 2015). While buying in bulk saves time, inadequate planning and meal preparation can lead to food waste. Furthermore, researchers argue that food-related practices shape consumers' buying habits and thereby influence food waste (Haque et al., 2022).

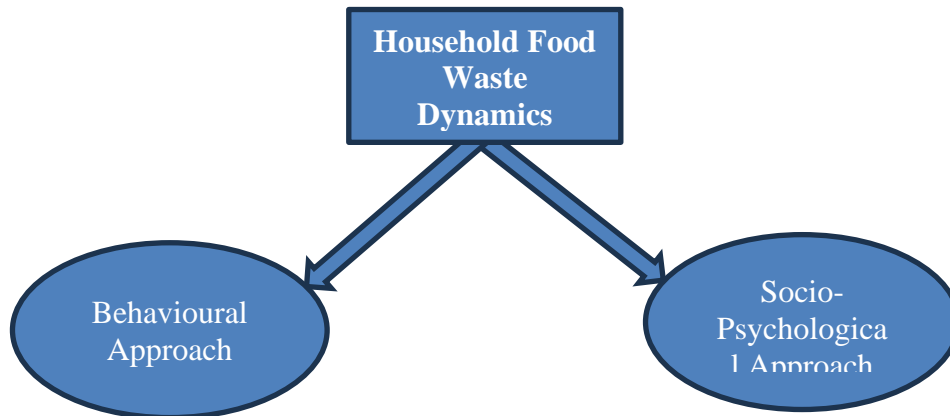


Figure 2: Two type of household food waste dynamics

As a second perspective, the socio-psychological approach, examines the temporal dimensions associated with food waste in the household (Piras et al., 2022). This approach addresses the wider cultural and socioeconomic aspects of daily life to understand how different activities, people, resources, and social values interact and contribute to food waste (Attiq et al., 2021; Labib et al., 2023; Morone et al., 2018). Consumer lifestyles prove to be crucial in shaping food consumption behaviour and waste generation (Aschemann-Witzel et al., 2021; Szymkowiak et al., 2022). Research suggests that modern, busy lifestyle, can hinder effective planning and contribute to food waste (Aschemann-Witzel, 2018). Furthermore, individuals who follow a healthy lifestyle may throw away leftover food because they perceive lower nutritional value and have concerns about weight gain and dietary diversity (Al-Obadi et al., 2022; Mallinson et al., 2016). Additionally, convenience-seeking behaviours such as dining out, ordering take-out, or opting for home delivery, which is common among those with busy careers, lead to food waste as planned and purchased food is neglected (Aktas et al., 2018; Zeinstra et al., 2020).

Role of acquisition of food in reducing food waste

Addressing food waste is a multifaceted effort and requires strategies to minimise waste across the entire supply chain, which includes farms, retailers, food service settings, and households. The National Food Waste Strategy in Australia outlines a framework for collaborative efforts aimed at halving Australia's food waste by 2030. Therefore, adopting following acquisition principles at the household level can also help reduce food waste:

Smart Shopping:

It is crucial to create a shopping list that fits with the everyday meal plan. Before jotting down items, take inventory of what's already in the fridge and pantry to avoid unnecessary purchases. There's no one-size-fits-all approach to creating a shopping list-some prefer to categorise items by food groups such as 'fruit and vegetables' or 'dairy and eggs', while others prefer to sort by supermarket aisles. Planning meals in advance and making lists based on actual needs helps curb overbuying and impulse buying, thereby minimising food waste (Cappelletti et al., 2022).

Buying in Bulk:

Buying non-perishable items in bulk can save money, but it's important to consider consumption to avoid waste. Only purchase quantities that can be used before the items expire or spoil. While foods like rice and canned beans have a long shelf life, nuts, seeds, flour, and oil can become rancid over time. Before buying these items, people need to check how long they last based on their consumption habits (Farr-Wharton et al., 2020).

Proper Storage:

Ensuring proper airflow in the fridge can avoid overcrowding. If household member consumes certain foods quickly, such as cereal, airtight containers are not necessary. However, for snacks that get boring quickly, investing in airtight containers can save money in the long run. Certain fruits and vegetables emit more ethylene gas, such as ripe bananas and avocados, while others, like leafy greens and cucumbers, are more sensitive to ethylene and should be stored separately (van Holsteijn & Kemna, 2018).

Using Leftovers:

Utilising leftover ingredients by incorporating them into new meals or recipes can avoid waste. Keep track of items that need to be used up by creating a 'use up' shelf in the fridge or pantry. Additionally, encourage everyone in the household to prioritise items from this shelf first. Maintain freshness by rotating items and placing older items at the front or top. Transparent containers can help household member easily identify foods that need to be used immediately (Bozzola et al., 2017).

Understanding Expiration Dates:

The use-by date is crucial, especially for perishable items such as meat and fish, as it indicates when food may no longer be edible. In Australia, it is illegal to sell food past its sell-by date, and consumption of such items may pose a health risk due to potential bacterial growth or nutritional instability. Common use-by foods include milk, sliced ham, and shredded meats. However, the best-before date indicates when a product is at its freshest or of the highest quality, but foods can still be safe to eat after this date as long as it is not damaged (Bozzola et al., 2017).

Composting:

Composting food waste offers environmental benefits by producing significantly less methane compared to organic waste in landfills. Additionally, using compost in horticulture or agriculture can result in cost savings and improve soil productivity. Whether you're an avid gardener or not, you can contribute to composting efforts. Start by collecting food scraps and then utilise municipal composting drop-off sites available nationwide. This simple step allows individuals to contribute to reducing waste and supporting sustainable practices (Cappelletti et al., 2022).

In conclusion, combating food waste in Australian homes necessitates a thorough strategy that takes into account different phases of food procurement, storage, and consumption. Although the National Food Waste Strategy has high standards, more information is required regarding how purchasing food can help reduce waste in households. People can significantly reduce food waste and contribute to a more sustainable future by putting strategies like smart shopping, proper storage, and leftover utilisation into practice. To help reach the goals stated in the National Food Waste Strategy, it can also be beneficial to support composting initiatives and educate people about expiration dates.

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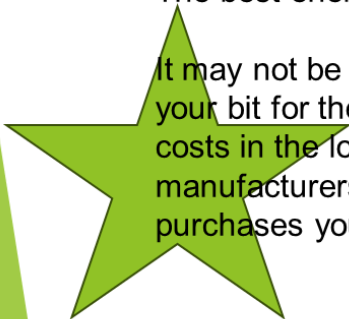
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Helpful Hints

Be star smart

When buying appliances choose the ones with the most stars; something with at least a 3.5 star energy rating. The Energy Rating Label helps you understand the energy use and running costs of common household appliances. The best energy rating is five stars.

It may not be the cheapest on offer but you will be doing your bit for the environment. Not only will you save energy costs in the long run, but it will send a message to manufacturers that you expect this sort of quality in the purchases you make.



Australian Youth Climate Coalition (AYCC)

“We’re fighting for climate justice”

Website: <https://www.aycc.org.au/>



Introduction

AYCC Australia’s largest youth-run (Under 30) organisation. We are building a movement of young people to drive climate solutions.

Mission and Vision

We want to build a generation-wide movement of young people to solve the climate crisis, by shifting the power for a clean and just future. We envision a fair and just world, with a stable climate and healthy environment for our communities and future generations.

What is Climate Justice?

Climate justice acknowledges that marginalised communities are the ones who are often disproportionately affected by climate change. They contribute to climate change the least but are affected by it the most.

AYCC Groups

We have groups all across Australia including over 20 different locations, a communication and media team, online action team, schools team, People of Colour Climate Network, and work closely with Seed Indigenous Mob.

AYCC Campaigns

1. No fracking in the Beetaloo Basin
2. No Public Money towards coal and gas
3. Adding *Climate Trigger* into the *Environment Protection Biodiversity Conservation Act* similar to the *Water Trigger*

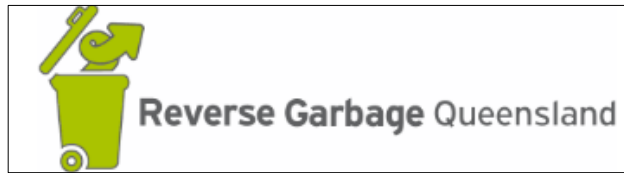
Campaign Strategies

1. Grassroots local events (i.e. market stalls, door knocking, fundraiser)
2. Postcards to Tanya Pilberseck
 - a. https://www.aycc.org.au/campaign_postcard_request
3. MP Meetings; recently in February, around 30 AYCC members met with over 33 MP’s in Canberra to explain our campaigns. This included HON Chris Bowen, the Minister for Climate Change and Energy and HON Tanya Pliberseck, Minister for Environment and Water. We also gained media attention by having a press conference at Senate Gardens, including Senator David Pocock and Dr Sophie Scamps speaking alongside youth.



Why should young people join AYCC?

AYCC is an excellent opportunity to develop skills in communication and leadership. You can also contribute to a movement that focuses on the sustainability of our environment and future generations. It is an environment where you can be creative, find friends and connect with new communities, all while fighting for **climate justice**.



By Anna Kula, HOPE researcher QLD

What they do

Reverse Garbage Queensland (RGQ) is a 'reusable' eco arts co-operative. They collect clean industrial and other high-quality materials to sell at a low cost to the public. Some donations are used for their Eco-Art Workshop Program, a school holiday program with themed workshops offering an art program and environmental learning for kids aged 4 -12. Other materials may be re-donated to not-for-profit and community groups through RGQ's sponsorship program. If materials cannot be sold after some time they may be sent to a suitable recycler, sending materials to the landfill is the very last option.

Overall RGQ saves some 2 tonnes of waste from heading to the landfill on a weekly basis!

The co-op also holds a number of workshops. These include drop ins, monthly adult workshops and professional development workshops.

More information can be found here -

<https://reversegarbagequeensland.com.au/workshops>.



Why RGQ is helping humans and the planet

Reusing materials helps to reduce the quantity of 'waste' going to the landfill and lessens the demand to produce new materials - a double win for the environment! Donating high quality materials also means that more affordable art resources are available to schools, community groups and individuals.

RGQ was started by Friends of the Earth Brisbane in 1998 and continues to support the organisation by donating materials and providing low-cost office at their Woolloongabba warehouse. The co-op also supports local artists by selling their work through their gift shop, putting on exhibitions and providing low-cost art materials.

RGQ is a worker run not-for-profit organisation. It is almost entirely self-funded as donations and the subsequent sale of materials helps employ over ten people, creating a socially, financially and environmentally sustainable business.

How to donate



be collected once filled.

The co-op accepts donations from individuals, community groups and businesses. These can be dropped off at their warehouse or collected directly. Prior to donating RGQ asks that you fill out a 'Drop off' or 'Truck Collection' form with information about the size, number and condition of the items being donated to ensure that there is demand and room to store your donations.

RGQ can provide 240 litre wheelie bins to businesses wishing to donate offcuts or unwanted stock on a regular basis, which can

What to donate

All donations must be clean, safe and suitable for reuse. Examples of materials accepted are listed below, a comprehensive list of materials accepted can be found on RGQ's website <https://reversegarbagequeensland.com.au/discards>.

Types of materials accepted:

- Plastics
- Bottle tops – clean and dry
- Paper, card and stationery
- Netting and shade materials
- Vinyl records
- Cardboard boxes- flat packed, good condition
- Tools
- Doors and timber woods
- Rope, cord and twine
- Fabric and textiles
- Household items
- Haberdashery (zips, buttons, thread, belts, clips, braid, ribbon, padding)

Donations which are listed on the Department of Environment and Science regulated waste list cannot be accepted, such as:

- Used plastic and paper shopping bags
- Ring binders and suspension files
- Treated timber
- Used hats, bags, clothing and footwear
- Bicycles
- Stereos and cassette tape players (unless vintage)
- Large household electrical appliances (stoves and microwaves, fridges, dryers, washing machines)
- Single-use plastic straws, stirrers, cutlery, bowls & plates
- MDF and chipboard
- Photocopiers and fax machines
- Shredded paper and other domestic packaging
- Stuffed toys (unless donated new)
- Kitchenware (such as crockery, saucepans and plastic containers)
- Small household electrical appliances (toasters, irons, coffee makers, hair dryers)

Where to find them and how to buy

The warehouse receives new stock frequently with materials such as fabric, glass, ceramics, metal, paper, plastic, rubber, timber and more available for sale at the warehouse or online. RGQ has also created a mail order service supplying themed activity boxes for individuals, childcare centres and schools.

You can visit the RGQ warehouse and gift shop at 20 Burke Street, Woolloongabba, which is open 9am- 5pm Monday to Saturday (excluding public holidays and the last week of December). The warehouse also offers a half hour 'Talk and Tour' to learn how the co-op operates, how materials are sorted and reused.

