

CONNECTING COMMUNITIES



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From The Chairperson

Kia ora!

Warm greetings to you all from the Asian Network Inc. (TANI)! It is my pleasure to present the summer edition of our quarterly newsletter, prepared with great care to keep you informed and connected.

In this issue, you'll find highlights from recent community celebrations, along with valuable information on wellbeing initiatives and services available throughout the summer season. We are honoured to continue supporting the Ethnic Health Collective, SAMER+ Collective, and Whau Ethnic Collective. Since our inception, TANI has remained committed to fostering collaboration and uplifting the voices of our diverse ethnic communities, particularly in areas relating to social, wellbeing, and health needs.

I would also like to extend heartfelt congratulations to Team TANI, the Upper Harbour Local Board, our community champions, and leaders who played a pivotal role in shaping the Ethnic Peoples Plan for the Upper Harbour Local Board area. Glimpses from the launch event are featured in this newsletter, and the full plan is available online.

As we approach the new year, I wish all our readers good health and a safe, enjoyable summer. Please remember to take necessary precautions while participating in outdoor and water activities, whether at swimming pools, beaches, fishing spots, or other recreation areas.

We warmly welcome your feedback and suggestions to help us continue improving this newsletter.

Wishing you all a prosperous New Year. May the year ahead bring joy, good health, and happiness to every home.

Warm regards,

Nilima Venkat,
MNZM, JP, BSW
TANI Chairperson



Launch of Upper Harbour Ethnic Peoples Plan

TANI is incredibly proud to lead the development of the 'Upper Harbour Ethnic Peoples Plan (UHEPP) 2025–2030', the first comprehensive strategy designed to support and empower ethnic communities across Upper Harbour.

Over the past one and a half years, TANI worked closely with the Upper Harbour Local Board, Auckland Council, local NGOs and hundreds of community members to ensure the plan truly reflects the voices, hopes, and lived experiences of local ethnic residents. Using inclusive community development methods, from stakeholder mapping, qualitative and quantitative interviews/surveys and community conversation workshops, helped shape this roadmap for inclusion, wellbeing, and belonging.



The launch of the plan on 21 September 2025 was a joyous celebration, attended by ethnic community leaders, members of the Upper Harbour Ethnic Advisory Circle, and the local board. It was wonderful to see a great uptake from broader ethnic communities and residents of Upper Harbour Local Board joined together in celebration of this milestone! Ethnic Advisory Circle's inspiring 13 representatives from diverse cultural backgrounds will continue guiding the plan's implementation alongside Harbour Sport, who will lead its delivery.

Our heartfelt thanks to the Upper Harbour Local Board for championing this project, and to everyone involved: Auckland Council, Harbour Sport, our amazing volunteers, and community members who generously shared their insights and experiences. Your passion, stories, and wisdom made this plan possible! Read the full Upper Harbour Ethnic Peoples Plan 2025–2030 on the [Auckland Council website](https://www.aucklandcouncil.govt.nz/Upper-Harbour-Ethnic-Peoples-Plan-2025-to-2030).

Free Bowel Screening Age Lowered to 58 Years



Great news! The eligible age for the free National Bowel Screening Programme is being lowered from 60 to 58 years, meaning around 122,000 more people can take part in the first year.

The rollout is happening in two stages: it began on 6 October 2025 in the Northern region and Te Waipounamu (South Island) and will reach the rest of New Zealand in March 2026.

Bowel screening is simple, clean, and can be done at home. It helps detect bowel cancer early, when it can often be successfully treated. We encourage everyone in the Asian community who is eligible to complete their free screening kit every two years.

If you're aged 58 to 74, make sure you receive your kit regularly. If you've missed a test or have questions, contact Jun on 021 198 4605, call 0800 924 432, or speak with your family doctor.

Keeping It Real | Kia Pono Te Tika: New Framework



Keeping it real
Kia pono te tika

Do you know about 'Keeping it Real | Kia Pono te Tika'?

It is a framework that describes the values, attitudes, knowledge, and skills for working effectively alongside people and families experiencing addiction and/or mental health challenges in any health setting.

Formerly known as 'Let's get real', the framework was recently updated to better reflect New Zealand's diverse communities, including Asian communities and people new to New Zealand.



The revised framework was informed by people working in Asian mental health and/or addiction services, as well as Māori, Pacific and other cultural advisors, and those with lived experiences.

A range of free resources are available on the Te Pou website, including posters, values cards, a fold-out guide, a back-pocket resource and the full framework booklet. In addition, there is an assessment tool on Keeping it Real | Kia Pono te Tiki for individuals or teams.

Find out more at www.tepou.co.nz/initiatives/keeping-it-real

Age Range for Free Breast Screening Extended



Health New Zealand
Te Whatu Ora

Sue Honeywill is now able to continue getting free breast screening.


The age has been extended, starting with women turning 70 and 74 in Oct 2025. Over the next four years, the age range will be extended each year in October, to include all eligible women up to the age of 74 by the end of 2029.

Regular breast screening saves lives. Remind the women in your life to make sure they get theirs!

If you are 45+, sign up for regular breast screening: www.info.health.nz/keeping-healthy/cancer-screening/breast-screening

Call Healthline

- If you are worried or unsure about your health or someone else's health
- For advice about your situation and help on what to do next
- If you do not have a GP or cannot get to one
- If you need advice about your medicine

 0800 611 116

Consultation on Action Plan to Support Carers



The Ministry of Social Development is keen to hear your thoughts on a new draft Action Plan for unpaid or informal carers which will provide a roadmap for the long-term issues they face.

The draft Action Plan has been developed in partnership with the Carers Alliance and an Advisory Group of organisations representing the needs of carers.

There will be multiple opportunities for you to have your say, including community and online workshops, submissions and a quick survey. Visit MSD's website to find out more.

Consultation will be open until 12 February 2026.

Your Independence Is Everything. Let's Protect It.



Hato Hone
St John

With a St John Medical Alarm help is never far away.

Whether you're at home or out and about, you get the peace of mind knowing around the clock care is at your fingertips. Discover the confidence and independence a St John Medical Alarm can bring.

If you qualify for a Disability Allowance or ACC cover, you may be able to get your alarm fully funded. Talk to your doctor or health professional to find out more, or call us on 0800 50 23 23 and we'll be happy to help.



For more information visit www.stjohn.org.nz/medical-alarms.

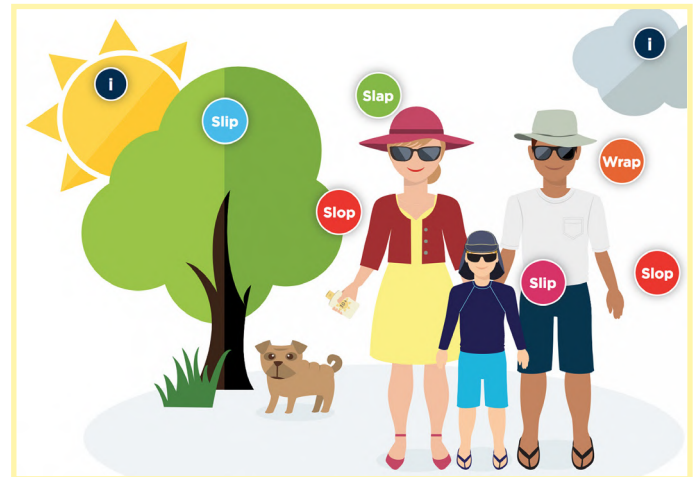
Sun Safety Tips



As summer approaches, it's time to enjoy the sunshine safely. While the sun brings warmth and joy, it also brings harmful ultraviolet (UV) rays that can damage your skin and increase your risk of skin cancer.

Protect yourself and your family by following the SunSmart steps:

- **Slip** on protective clothing that covers as much skin as possible.
- **Slip** into shade, especially between 10am and 4pm when UV levels are highest.
- **Slop** on broad-spectrum sunscreen (SPF 50+) and reapply every two hours.
- **Slap** on a wide-brimmed hat to shade your face, ears, and neck.
- **Wrap** on sunglasses to protect your eyes.



Remember, UV rays can still harm your skin on cloudy days. Check the UV index daily and plan outdoor activities accordingly.

Additionally, it's important to stay hydrated and take breaks in the shade to cool down. Don't forget to keep an eye on vulnerable family members, especially children and the elderly, as they are more susceptible to heat-related illnesses.

Need Healthcare information?

Visit www.healthpoint.co.nz that provides up-to-date information about healthcare providers, referral expectations, services offered and common treatment.



Medical Support Over the Christmas Holidays



Planning ahead helps your family stay safe, healthy, and supported over the holiday season. During the Christmas holidays, many healthcare services in New Zealand may have reduced hours or close entirely. Plan ahead for routine check-ups, prescriptions, and ongoing care. Pharmacies may also have limited hours, so ensure you have enough medication to last through the holiday period.

For medical emergencies, **call 111**. For non-emergency advice, **call Healthline** anytime at **0800 611 116**. For parenting and child health advice from registered nurses, families and caregivers can **call PlunketLine** at **0800 933 922**.

Looking after your mental health is important, as the holidays can be stressful or lonely. Free **call or text 1737** any time for support from a trained counsellor. For a list of helpline services available, visit www.mentalhealth.org.nz/helplines.

Here for You and Your Family!



Whānau Āwhina Plunket is a nationwide charity supporting the health, wellbeing, and development of children up to five years old.

We offer free Well Child Tamariki Ora (WCTO) checks for all families, either at home or at any of our Plunket clinics in your area. Our Plunket nurses work in partnership with families to understand their health needs and develop a care plan to support them.

We also provide:

- PlunketLine 0800 933 922: a free 24/7 parenting and child health helpline staffed by registered nurses. You do not have to be registered with Plunket to use PlunketLine. The service includes video consultations on breastfeeding and sleep support.
- B4 School Checks: a health and development check before a child starts school.
- A range of mostly free community services, including playgroups and parent education, based on the needs of the community.
- Free childhood immunisations at selected clinics.

For more information, visit www.plunket.org.nz or phone 0800 184 803.



Thyroid Dysfunction



Thyroid dysfunction is a common health concern in New Zealand (around 5% of women are affected), especially during life stages influenced by hormonal change such as pregnancy, menopause, or after childbirth.

The thyroid gland, located at the front of the neck, helps regulate metabolism, energy, temperature, and mood. When it becomes overactive (hyperthyroidism), it produces too much hormone, leading to symptoms like rapid heartbeat, weight loss, heat intolerance, sweating, tremors, and anxiety. An underactive thyroid (hypothyroidism) occurs when too little hormone is produced, causing fatigue, weight gain, hair loss, and constipation. If untreated, thyroid imbalance can impact long-term mental and emotional wellbeing.

Early detection through blood tests and regular GP check-ups is essential. With timely medical intervention and healthy lifestyle choices, such as managing stress, having a balanced diet and maintaining your overall wellbeing, thyroid conditions can be well managed.

Household Emergency Plan



**HOUSEHOLD
EMERGENCY
PLAN**



Are you summer ready?
Add a household
emergency plan to your
holiday checklist.

Summer weather can sometimes be unpredictable, bringing heavy rain, strong winds, and even the remnants of cyclones. When you're planning for the upcoming holidays, take a few minutes to prepare for emergencies. A few simple steps now can make a big difference later.

Quick tips to stay prepared:

- Make a plan: Talk with your family about what to do during an emergency if you can't get home, stuck at home or need to leave quickly
- Prepare your property: Clear gutters and drains, and secure outdoor furniture before heading away
- Have emergency supplies: Torches, batteries and a radio are must-haves
- Plan ahead for power outages or flooding
- Stay informed by checking MetService weather forecasts regularly

Emergencies can happen anytime, even during holidays. Being prepared means peace of mind for you and your whānau. Learn more at www.aem.govt.nz

Family Violence Awareness This Holiday Season



The holiday season is often seen as a time of joy and togetherness, but for many, it can be a time of fear and stress due to family violence.

Family violence happens when a person harms or controls a family member, or someone they are in a close and personal relationship with.

The harm or control can be physical, emotional, psychological, financial, sexual, or a combination of these. Family violence affects people across all communities and can escalate during the holidays due to added stress, financial pressure, and social isolation.

If you or someone you know is experiencing family violence, know that help is available. Reach out to trusted individuals or support services via this link www.areyouok.org.nz/get-support. If you are in imminent danger, call 111 for police.

Stay safe, stay kind. We wish your holiday season is full of peace and happiness.

Barbecue Food Safety Tips



Ministry for Primary Industries
Manatū Ahu Matua



Barbecuing and serving food outside in warm summer months

gives germs the ideal opportunity to multiply and cause food poisoning. Outdoor cooks should take care to follow the usual food safety advice.

- Keep food covered and chilled until cooking.
- Marinate meat in a covered container in the fridge or chilly bin. Boil leftover marinade before pouring it over cooked foods.
- Have separate utensils, plates, and other equipment for raw and cooked foods.
- Make sure raw meat doesn't touch cooked food or ready-to-eat foods (like salads).
- Keep raw and cooked meat separate on the grill (especially important for chicken meat).
- Chicken, tenderised meat and minced meats need to be barbecued until they are piping hot all the way through and juices run clear.
- For large gatherings, pre-cook food in the oven/microwave, then finish on the barbecue.
- Keep cooked food covered from flies.
- Cover and refrigerate leftovers or put them in the chilly bin with icepacks within 2 hours.

Source: www.mpi.govt.nz/.../summer-food-safety

Joyful Celebrations on a Budget

Set a budget

Planning is everything. In preparation for Christmas, sit down and work out exactly what your budget is and think about ways you can stay within it. Be creative - this applies to presents, food and trips away.

DIY presents

There's nothing more touching than receiving a home-made gift from somebody. It could be something as simple as Christmas biscuits, homemade spreads, pickles or jams. If you're crafty you could knit, paint or build presents.

Shop sales

Keep an eye out for discounts and clearance sales. Remember to stick to a shopping list to avoid impulse buys. Plan ahead and buy Christmas gifts gradually throughout the year, saving money and stress.

Bring a plate

If you're hosting Christmas lunch or dinner, ask your guests to bring a contribution. You can tell them what you'd like. It will make them feel good to be able to bring something and save you money and time in the kitchen.

De-clutter & sell

Gather up all the toys, clothes and other things around the house you don't use, wear or need anymore and sell them online. Not only will you make some money, it gives you a chance to have a clear out and de-clutter the house.

Kids' artwork for wrapping paper

If you're wondering what to do with that large pile of kids' artwork, it has a use! Try it as wrapping paper for presents or buy an inexpensive frame and give it as a present.

Secret Santa

If you're having a large Christmas gathering, do a Secret Santa. This involves each person buying one present for a randomly selected group member. You can even put a price limit on the present. It helps keep the cost down and is super fun.

DIY decorations

Find some old pinecones, bust out the glitter, pens and other craft stuff lying around the house and make your own decorations for the house or the tree. It's fun, cheap, and the kids will love doing it. [Click here](#) for some ideas to get you started.

Gift your time

Volunteering your time as a gift is a great way to save money. It could be a 'voucher' to wash somebody's car, babysit or help out with something else. Or you could organise an outing or adventure so you get to spend quality time with your loved ones.



Source: www.healthify.nz/hauora-wellbeing/c/christmas-on-a-budget

Healthy Recipes for Special Occasions

Want to try these recipes? Just click the tabs below in our electronic newsletter, or visit: www.healthify.nz/hauora-wellbeing/h/healthy-recipes-for-special-occasions

Christmas dinner
on a budget
Healthy Food Guide

41 healthy
Christmas recipes
Good Housekeeping

Our 50 best
Christmas recipes
Eat This, Not That!

Healthier party
food for kids
Taste

Healthy party food
Kidspot

Potluck recipes: Easy
bring-a-plate ideas
NZ Women's Weekly

Healthy drink recipes
Eating Well

Growing Wellbeing Outdoors with Oke Charity



Summer's a reminder that the best learning often happens under the sun. Oke Charity has spent the past decade helping Auckland schools build outdoor classrooms, spaces where tamariki can learn, grow and connect with nature. Each garden, built with the school community, gives kids hands-on lessons in health, sustainability and teamwork.

Over 70 schools have joined the Oke movement so far, turning unused land into productive gardens that support physical activity, mental wellbeing and better nutrition. Fresh produce goes into school lunches and local pātaka kai stands, feeding both bodies and communities.

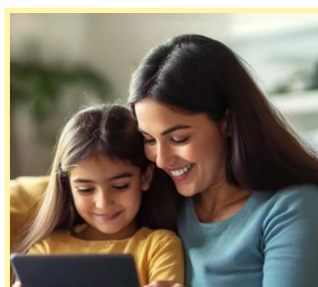
As we head into Oke's 10th anniversary in 2026, our mission remains simple: every child deserves access to education that's alive, connected and good for the planet. Because when kids grow outdoors, they grow in every way.

Parenting in the Digital World



Safeguarding Children
Tiakina ngā tamariki

Navigating the digital world can be challenging for children, young people, and the adults who support them.



This FREE course helps parents, caregivers, whānau, and mentors feel confident guiding young people to stay safe, well, and connected online. You will learn how children engage with devices and social media, the common risks they may face such as cyberbullying, grooming, privacy breaches, and harmful content, and practical strategies to protect their wellbeing. The course also covers how to start open and trusting conversations about online life and where to find further support and resources. No technical

expertise is needed, just curiosity and a desire to support young people.

Who should attend: Parents, caregivers, grandparents, youth workers, and anyone supporting children in the home or community.

Source: www.safeguardingchildren.org.nz/.../parenting-in-the-digital-world



Māngere Bridge Neurodiverse Playgroup

For tamariki ages 0-5 years and their parents/caregivers

What to expect: a supportive and inclusive space to meet other neurodiverse families. Educational toys and sensory-friendly activities

When: Fridays 10am - 12pm (during school term time only)

Where: Māngere Bridge Plunket Building, 5 Taylor Road, Māngere Bridge

Cost: Gold coin donation welcomed per family per session. Concession cards and online banking are available.

Contact: Alana Smythe (Community Services Coordinator)

Māngere Bridge Neurodiverse Playgroup

alana.smythe@plunket.org.nz

027 246 4985



Scan the QR code to visit our Māngere Bridge Neurodiverse Playgroup Facebook page



Free Counseling Support

Do you need some extra support? We offer free, confidential, compassionate and non-judgemental, face-to-face or online counselling services to help you deal with life's challenges including anxiety, depression, grief and loss, relationships, stress, sexuality and more.

All adults (16+) of all genders, cultures and abilities are welcome. Our highly trained and experienced counsellors have a wealth of skills and diverse backgrounds to help you through tough times. We are delighted to welcome two new counsellors to our keenly sought after team.

Feel like you're all alone in the world...?
We're here to help...



To make a booking:

Phone: 09 576 8331 (Pakuranga) / 09 271 5382 (Botany), Email: enquiries.pakuranga@cab.org.nz, WhatsApp: 028 438 2188 (Pakuranga).

Empowering Ethnic Communities in Aotearoa



New Zealand Ethnic Social Services (NZESS) – *Ratonga Mātāwaka Ora o Aotearoa* – is dedicated to building Safe, Supported, and Empowered Families and Communities in Tāmaki Makaurau (Auckland). NZESS provides a safe, culturally sensitive environment where migrants, refugees, and asylum-seekers can access information, counselling, advocacy, and support to better understand life in Aotearoa. Its services also assist at-risk families, isolated elderly, youth, and vulnerable children.

All services are free and available in multiple languages including English, Farsi, Arabic, Turkish, Kurdish, Urdu, and Hindi. Support areas include Family Harm prevention, wellbeing and social navigation, counselling and mental health, and youth development programmes.

For more information, visit www.nzess.co.nz or call 022 646 2003.

Free Mandarin Mental Wellbeing Courses



Hearts & Minds
Manawa Ora me te Hinengaro
Strengthening the Wellbeing of People and Communities

Our Mental Wellbeing Groups delivered in Mandarin provide a safe, supportive space to connect, learn, and build practical tools for everyday wellbeing. In early 2026, we'll be offering three types of free courses facilitated by Becky Gong: *Managing Stress, Anxiety & Change*, *Women's Wellbeing*, and *Confidence & Self-Esteem*.

As one participant shared, "I have learned how to manage my stress and gain knowledge about what things I can control and what I cannot." Another said, "The facilitator is like a bridge between us, so everybody has heartfelt conversations."

Open to all Mandarin speaking Waitematā (North Shore, Rodney & Waitākere) residents aged 18+. For details or to register, contact 0800 468 288 or learning@heartsandminds.org.nz.



NZCT Helps Auckland's Asian Community Step Up



New Zealand Community Trust (NZCT) has awarded a grant of \$1,120 to the New Zealand Healthy Lifestyle Society (NZHLS) in Epsom, helping more than 800 participants, including isolated seniors, low-income families, and youth.

NZHLS' programmes which include weekly walking sessions, youth and family sports, yoga, volunteer training, and cultural celebrations such as the Chinese Spring Festival, Dragon Boat Festival, and Mid-Autumn Festival, improve physical and mental wellbeing, build confidence, and bring the community together.

For more info, contact: May Huang at hxqhxx@gmail.com, 021 112 8119 or Jo Salisbury (Marketing Advisor) at jo.salisbury@nzct.org.nz.



ARE YOU PART OF THE RAINBOW COMMUNITY?

ARE YOU A PARENT TO A CHILD UNDER THE AGE OF 18?

Scan here

We want to hear about your experiences!

We are looking for Rainbow parents to take part in a survey. We want to hear about you, your whānau, and how you navigate child-focused services.

You can complete the survey in Te Reo Māori or in English. It will take around 15 minutes to complete, but this depends on how much you'd like to tell us.

Nau mai tātou katoa

Follow this link for more information or to take part:
https://www.qualtrics.com/jfe/form/SV_70PvyWEj8ILTsrc

Inclusion through difference

Exploring rainbow parenting in Aotearoa

VICTORIA UNIVERSITY OF WELLINGTON
TE HERENGA WAKA

OTAGO POLYTECHNIC
Te Kura Matatini ki Ōtago

This research has been approved by the Te Herenga Waka Victoria University of Wellington Human Ethics Committee (HE040291)

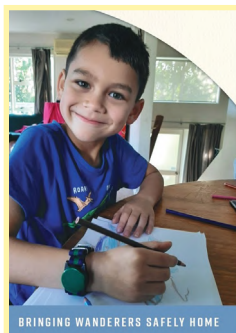
Volunteer for Wandersearch



WanderSearch Auckland Charitable Trust provides radio frequency tracking devices for people with cognitive impairments who are at risk of going missing. As WanderSearch Auckland is not government funded, volunteer support is essential to maintaining this important safety service.

Each device needs a battery change every six months, and volunteers help by visiting clients in their homes or care facilities to swap devices and make sure they are working well. The tasks are simple and full training is provided, so anyone with a little time and a caring attitude can contribute.

Most volunteers give between one and four hours each month, making it a flexible way to support vulnerable people in the community. These visits also provide a friendly point of contact for families who rely on the program for peace of mind.



If you would like to help, please email aucklandwandersearch@gmail.com.

Auckland's Future Housing Plan – Have Your Say!



Submissions open until 19 December 2025

Auckland Council is planning changes to how and where new homes can be built. This proposal, called Plan Change 120, aims to keep people safe from floods and other natural hazards while also allowing more homes in safer, well-connected areas.

The plan focuses on building more townhouses and apartments near train stations, bus routes, shops, and jobs. This helps everyone have more housing choices and makes better use of public transport and community services.

These are proposed changes – no final decisions have been made yet. Your voice matters! Anyone can make a submission online to share their views. If you need help, a free “Friend of Submitter” service is available to guide you through the process.

Visit the Auckland Council website at: www.aucklandcouncil.govt.nz/ and search “Plan Change 120” to learn more and have your say.

Welcome to Auckland Website Launch



Auckland Council launches essential guide to new life in Tāmaki Makaurau

Auckland Council has launched a new Welcome to Auckland web portal - a helpful and essential guide for anyone making Tāmaki Makaurau their new home.

The portal aims to ease the transition for new residents by acting as a central hub for information, community services, and civic participation, ensuring newcomers feel a sense of belonging from day one.

For more information, visit: <https://ourauckland.aucklandcouncil.govt.nz/welcome-to-auckland>



HELP US IMPROVE!

WE WOULD LOVE TO HEAR WHAT YOU THINK ABOUT TANI'S QUARTERLY NEWSLETTERS! WE WELCOME YOUR SUGGESTIONS ON WHAT TOPICS YOU WOULD LIKE MORE OR LESS OF.

Please send your feedback to info@asiannetwork.org.nz

TANI Hamilton News

A Season of Community, Culture & Wellbeing

TANI Hamilton has had an exciting season, bringing families and communities together to promote wellbeing, learning, and cultural connection. **Highlights include:**

- **Ethnic Health & Wellbeing Hui** – vital health information and community discussion.
- **Learning Community Hub Seminars** – supporting Chinese and Korean families on school bullying and sexual wellbeing, equipping parents with strategies to guide their children.
- **2025 Multicultural Evening** – celebrating Hamilton's diversity with members from 20 ethnicities.
- **Local Election Promotion** – raising awareness and encouraging community participation in local elections.
- **Free Cervical Screenings** – in partnership with Waikato Te Whatu Ora.
- **Weekly Language Support** – assisting Asian whānau at the Citizens Advice Bureau.

Standout Event: Welcoming Asians Expo

The Asian Network Inc., with Hamilton City Council support, held the '**Welcoming Asians**' event on 13 September, uniting families for health services, learning opportunities, kids' activities, and live ethnic performances in Hamilton.

Thanks to our volunteers, partners, and special guests for making the events inclusive, educational, and fun. TANI continues to support wellbeing, celebrate culture, and strengthen community connections in Hamilton.

For 2026 collaboration opportunities, contact Cindy Pak at seunghee.pak@asiannetwork.org.nz



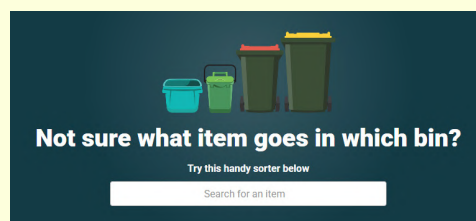
Hamilton City Council - Kerbside Recycling Guide

Hamilton City Council encourages everyone to be responsible when using kerbside recycling. Only put **clean recyclable items** into your **yellow kerbside recycling bins**. Recycling the right items helps reduce what we send to landfill, conserve resources, and protect the environment.

Make sure your recyclables:

- **Have no food residue** – leftover sauces, oils, or crumbs can contaminate recycling.
- **Have no leftover food inside** – empty jars, cans, and containers completely.
- **Do not include lids** – bottle caps and jar lids cannot be recycled.

Not sure which bin an item belongs in?



Use our **Bin Sorter Tool** to check quickly. You can also visit the **Fight the Landfill** website for tips and ideas on how to reduce waste at home and in your community.

Only put the following in your recycling bin:



- **Clean cardboard and paper** with no food residue, such as cereal boxes, newspapers, and office paper.
- **Rinse out tins and cans** like soup cans and aluminium drink cans.
- **Plastics numbered 1, 2, and 5 only**, rinsed and with lids removed.

By following these steps, we can all contribute to reducing waste and protecting the environment. Recycling is not just a task – it's a way for our community to work together for a healthier planet and a sustainable Hamilton. Every small action counts, and together we can make a big difference!

