

Unit 305: Sustainability in professional kitchens

Activity 2: The 5 Rs of waste management

Investigate the 5 Rs of waste management and give examples from your place of work.

The 5 Rs are:

- Refuse
- Reduce
- Reuse
- Repurpose
- Recycle

The order of the Rs is also important. The closer to the start of the list, the better the option.