

Paper

The destruction of biodiverse forests, degradation water catchments and loss of species can result when trees are unsustainably felled for paper. The production of paper consumes water, energy, chemicals and produces greenhouse emissions and other pollution. However you can be assured of a product's sustainable forestry origins and recycled paper content by the



logo and details from [FSC \(Forest Stewardship Council\)](#) or [The Program for the Endorsement of Forest Certification \(PEFC\)](#).



Remember - using less paper saves the environment and saves you money.

Your first approach could be to look for ways to reduce your use of paper. For example, store electronic PDF copies, rather than printing, and set printers to default to narrower margins and double-sided printing.

You could then look at reusing paper by making note pads on the blank side of printed paper (*check that the printed side has no private or sensitive information which is not suitable for public display*).



If you need to use paper you could buy one with a high content of recycled paper. The fibres in paper allow it to be recycled up to six times. High quality recycled paper is suitable for use in printers and photocopiers. You could increase your own contribution to paper recycling with recycling bins in convenient places. You might want to inform people that you use recycled paper with a logo or short message on your publication. This might encourage them to consider their paper usage.



Toilet paper is also available with recycled paper content. You help the environment even more by buying recycled toilet paper that is "unbleached" or that does not use chlorine to whiten the paper (e.g. oxygen or hydrogen peroxide). You can also buy from suppliers whose profits assist people in developing countries e.g. <https://au.whogivesacrap.org/>.



For more information:

- Department of Environment and Climate Change NSW (2009) *Know your printing paper: a guide to purchasing recycled content paper for corporate stationery and promotional materials* <http://www.environment.nsw.gov.au/resources/business/090088-printing-paper.pdf>
- Wilderness Society Ethical Paper Guide <https://www.wilderness.org.au/sites/default/files/PDFS/Ethical%20Paper%20Guide.pdf>

Consider circulating these ideas from Alex Moors, a member of the St Aloysius' College, Milsons Point, Sustainability Committee:

Green tip:

Have a look at the toilet paper in your bathroom, the tissue paper in your kitchen and paper in your printer. Does it contain recycled content? It takes 70 to 90% less energy to make recycled paper and it prevents the loss of forests worldwide.

Green tip:

Have you considered reusing paper and printing on both sides? It will save both money and forests.