



Royal Freemasons' Benevolent Institution – Bellorana Aged Care Facility, 2013

## Case Study RFBI Bellorana Aged Care Facility

# Bin Trim – Waste solutions for a sustainable business

The Royal Freemasons' Benevolent Institution (RFBI) strives to minimise its environmental impact. When a quick Bin Trim assessment revealed the RFBI Bellorana Aged Care Facility could do more, it was welcome news.

### What's in the bin?

Bellorana was already separating and recycling some materials before participating in Bin Trim, but this depended largely on the initiative of cleaners. A trained assessor worked with Maintenance Supervisor Wayne Elliott to assess the contents of the general waste bin, and found more than 169 kilograms of food and 125 kilograms of paper were needlessly being thrown away every week. These materials, along with plastic film and rigid plastics, can all be reprocessed or recycled. In fact, RFBI Bellorana had the potential to recycle 46 per cent more.

Priority materials for recycling or reuse:

- Paper
- Food waste
- Plastic film
- Rigid plastics

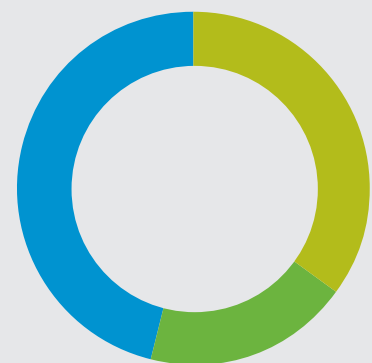
### Actions to reduce waste and recycle more

The nursing home carried out an audit on food scraps to accurately assess just how much was ending up in general waste over time. Providing meals for 93 residents with varying appetites made for a significant amount of waste. 'It was mind boggling when we worked it out over a 12-month period,' Elliott says. 'We were putting 4.5 tonnes of food waste into the bins.' A worm farm is on its way to divert this food waste from landfill, as well as customised trolleys with built-in recycling bins. Separating gloves and plastic overshoes from paper towels and other recyclables is easy for all 40 staff now that bins have been placed at wash stations and staff rooms.



### Potential recycling

Bin Trim identified that RFBI Bellorana Aged Care Facility had the potential to recycle 46 per cent more

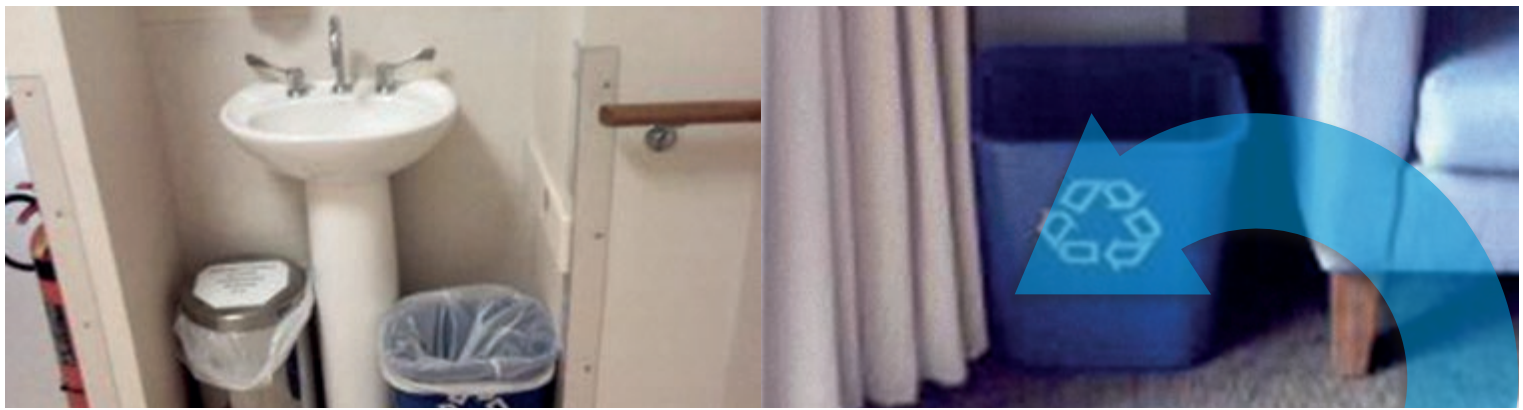


- 35% General waste
- 19% Currently recycled
- 46% Potential recycling

### Bin Trim savings

RFBI Bellorana Aged Care Facility managed to save an additional:

- 25 tonnes of commingled recyclables each year
- 4.5 tonnes of food waste each year
- 2500 sheets of paper saved per month
- \$6100 in general waste savings each year



Royal Freemasons' Benevolent Institution –  
Bellorana Aged Care Facility, 2013

Royal Freemasons' Benevolent Institution –  
Bellorana Aged Care Facility, 2013

Actions implemented included:

- Trialled recycling facilities for nursing staff
- Installed paper and co-mingled recycling bins at wash stations and in staff areas
- Changed print settings to print double-sided
- Reduced its general waste service from three large bins to two large bins
- Educated staff and residents to recognise waste minimisation as a cost saving
- Conducted an audit of food waste
- Assessed plate sizes, serving sizes and menus
- Ordered a worm farm
- Ordered trolleys with recycling receptacles.

## Results and savings

Bellorana's general waste service has been reduced from three 1100-litre bins collected twice a week to two 1100-litre bins collected twice a week. With 25 tonnes less garbage heading to landfill, general waste expenditure is down \$6100 a year. Reducing paper usage alone is saving the nursing home an extra \$264 a year. Combined, these savings will quickly pay for the commercial worm farm and new recycling bins. 'The cost savings and environmental benefits of reducing waste to landfill were compelling,' Elliott says. 'The payback on our investment is less than a year.'

The worm farm will reduce general waste by another 14.5 tonnes and this may lead to the waste pickup being revised to 1 pickup per site per week, saving another \$5750 per year.



## For further information

Waste and Resource Recovery  
Resource Recovery Unit  
Email: [info@environment.nsw.gov.au](mailto:info@environment.nsw.gov.au)  
[epa.nsw.gov.au/bintrim](http://epa.nsw.gov.au/bintrim)

# What is your business really throwing away?

Download Bin Trim and see how you can save [epa.nsw.gov.au/bintrim](http://epa.nsw.gov.au/bintrim)

Published by

**Environment Protection Authority** 59–61 Goulburn Street, Sydney PO Box A290, Sydney South 1232  
**Phone** (02) 9995 5000 (switchboard) **Phone** 131 555 (environment information and publications requests) **Fax** (02) 9995 5999  
**TTY users** phone 133 677, then ask for 131 555 **Speak and listen** users phone 1300 555 727, then ask for 131 555  
**Email** [info@environment.nsw.gov.au](mailto:info@environment.nsw.gov.au) [www.epa.nsw.gov.au](http://www.epa.nsw.gov.au)

**Report pollution and environmental incidents:** Environment Line: 131 555 (NSW only)