

PRINTING AND LAMINATING



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WHY?

Printing and laminating can generate a lot of waste. Here you'll find some examples of various small actions which can help reduce our environment impact whilst we go about our daily printing and laminating tasks. Here you'll find examples of small actions which can lead to big change.

HOW?

PRINTING:

ENCOURAGE THE USE OF E-DOCUMENTS

Choosing to circulate e-documents instead of printed materials is perhaps the quickest and most effective way of reducing your carbon footprint when it comes to printed resources. That isn't always possible though, and so where printed documents are required, you can reduce your paper and toner usage by selecting the duplex/double-sided print options where appropriate.

RECYCLED PAPER

If you do need to print, consider switching to recycled paper. Recycling paper cuts the production of landfill methane from decomposing waste, which is a major contributor to climate change. Unbleached paper is another alternative, and can even be a great dyslexia-friendly option.

ECO-INKS

There are increasing amounts of eco-inks on the market today, which is good news for everyone. Soy-based inks, in particular, are a reliable substitute to petroleum based inks which release toxic by-products into the environment. Some even say they outperform the colour payoff to petroleum cartridges, producing brighter, more vibrant colours – as well as a brighter future for the planet! Vegetable-based inks are also becoming more widely available, though these can often be quite expensive in comparison and not as effective as their soy-based competitors.



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PRINT ON DEMAND

Reduce wastage (and costs) across the board by only printing what you need, when you need it. Where e-documents can't be used, this is a really worthwhile habit to get into.

RESET SETTINGS

Changing the settings on your printer can have a significant impact on your paper and toner usage – not to mention your carbon footprint. Many devices have options for eco-print that can be found in the settings of either the printer itself or the device from which you are printing – it only takes a few clicks to change!

RECYCLE TONER CARTRIDGES

A lot of us are already in the good practice of recycling paper, but toner cartridges are often forgotten about when it comes to recycling – and this is just one of many sustainable habits we can adopt. It's easy, too, as there are many charities that will accept your empty cartridges as a donation, or you can even find recycling points at some supermarkets.

LAMINATING:

ONLY LAMINATE WHEN NECESSARY

Laminating can be useful when you need a document that will resist daily wear and tear. That said, regular laminating pouches render anything encased within them non-recyclable and non-biodegradable, not to mention that it also damages and degrades important papers over time. So if you find yourself laminating papers in order to preserve them, you are actually ironically and unfortunately doing quite the opposite.

The easiest way to avoid this is to only laminate your documents when it is really necessary. Consider who and where you are printing documents for – if for an education-based activity for young children that will be used multiple times, perhaps laminating is the way to go. If the document being printed is for a noticeboard, then laminating is an unnecessary and wasteful step.



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USE ECO-FRIENDLY LAMINATING POUCHES

Where laminating is a must, however, choose more eco-friendly products such as bio-degradable film or cellulose-based pouches that can be recycled or composted.

USE A RECYCLED/ECO PLASTIC WALLET INSTEAD

Even easier than laminating at all, placing your documents into reusable, recycled and bio-degradable wallets is a great way to ensure your printouts stay neat. You can even recycle the paper once you're done with it and avoid the harsh chemicals that are released into the air when heating traditional laminating pouches – which is a bonus for both you and the planet.

SYNTHETIC PAPER

An even better alternative to laminating would be to use synthetic, waterproof paper. As well as withstanding the outdoor elements, synthetic paper is fully recyclable and isn't as taxing on the planet due to it not requiring chlorine, heavy metals or harsh – oftentimes cancerous – chemicals during production. Do bear in mind that the cost of synthetic paper is considerably higher than pulp-based paper, and so should be used for more durable applications. If your church laminates such documents often then switching to synthetic paper will save you time, money, and the environment in the long run.

LONGER READS & OTHER RESOURCES

The following links give very brief introductions to eco-friendly printing practices:

<https://www.helloprint.co.uk/blog/what-is-eco-friendly-printing/>

<https://theprintauthority.com/printing/green-printing/>

<https://greenerideal.com/guides/save-trees-tips-smart-printing/>

<https://eco-officegals.com/6-tips-eco-friendly-printing/>



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STRATEGIC DEVELOPMENT GOALS

Taking action on this topic will contribute to these UN Strategic Development Goals:

