

The little
paper book
on how to
make a big
difference
environmentally
with paper



The big picture about making paper

We all use paper and it's common knowledge that paper comes from trees and plants.

These days, most people are conscious of conserving trees by reducing paper usage, recycling or even using recycled paper. Apart from wanting to protect our natural resources, you need only consider how paper is made to appreciate just how damaging the current practices of paper manufacture are to our environment.

To make office paper, paper companies also use large quantities of **water, oil, electricity and chemicals** (such as chlorine). A lot of waste is also produced during the paper making process. Chemicals pollute our **waterways, air and the earth**. But with recycled paper, the environmental effects can be reduced. For example, just look at what we can save by producing one tonne of recycled paper instead of paper produced from virgin wood pulp.

Producing one tonne of recycled paper saves¹:

31,780 litres of water;

4100 kilowatt/hours of electricity;

75 per cent of chlorinated bleach;

27 kilograms of air pollutants;

13 trees;

4 cubic metres of landfill; and

2.5 barrels of oil.

Little known facts about Australia's big Forests

FACTS

1

A significant proportion of the trees that provide the pulp for paper are taken from native forests.

2

In Australia there is now a growing recognition that native forests should be protected from logging.

3

It is also widely accepted that much more paper can be made from recycled fibre and fibre produced from sustainably managed plantations, without compromising quality or the environment.

4

Logging poses a huge threat to native forest biodiversity⁶.

5

In the 2001-02 financial year, Australians used 1.23 million tonnes of writing and printing paper. This equates to over 30 million trees being cut down.

The big habit of recycling

Australians are **big** on recycling. Most municipalities have kerbside recycling programs for households and increasingly organisations are implementing '**green office**' programs. From a waste management perspective, the immediate **benefit** of recycling is that it diverts waste from going to landfill.

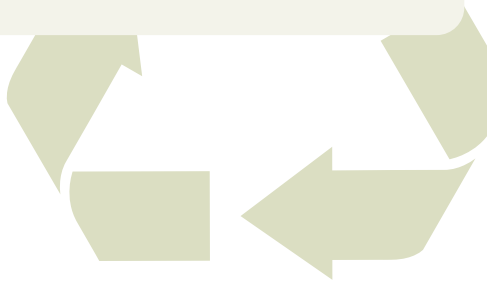
But when it comes to office paper, a lot more can be **achieved**.

Buying recycled paper should be a **simple** thing. In reality, it can be quite confusing when terms such as pre consumer and post consumer waste are thrown about. Then there are questions about the sustainable management of forests and plantations, not to mention price and whiteness.

Pre or Post Consumer Waste?

Post consumer waste is material that has already been used by consumers (for example, a piece of paper that has been printed or photocopied). Material is collected, sorted, de-inked and then made into new paper.

Pre consumer waste, as the name implies, is paper that has not been used. Most commonly it is off-cuts from printers or the waste generated by paper mills.



Does the paper measure up?

Recognising that there are many questions (and indeed many brands advertising themselves to be recycled paper) an Alliance of public and private Australian companies and organisations are collaborating to produce specifications for businesses that want to move to environmentally friendly recycled paper.

These specifications provide a workable guide for Australian companies of all sizes. Paper that meets the groups' specifications is currently being produced in Europe but not Australia. Hopefully, this will change soon. For more information on the Environmentally Preferred Paper Alliance (EPPA) visit www.acfonline.com.au

The paper must have at least 50% recycled content, predominantly from post consumer waste. The remaining fibre must not be from high conservation value forests or be from genetically modified organisms².

The big effect the little change to recycled paper can have

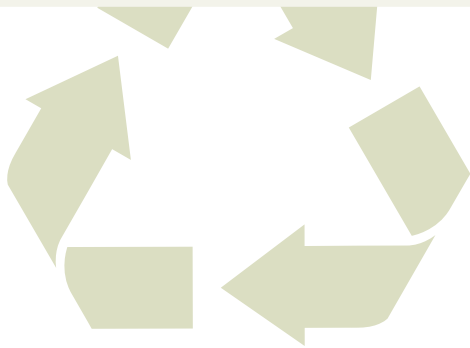
Recycled paper that is high quality, affordable and photocopier compatible certainly exists, and using it helps save our precious native forests.

As there are many different brands of recycled paper on the market, this guide is designed to give an overview of the quality, price and best way to use the different brands that contain at least 50% recycled paper.

ACF recommends that before buying large quantities of paper you should test it in your printer or photocopier³.

Avoid paper that is made in Indonesia. It is commonly sourced from illegally logged rainforests, including from areas within National Parks⁴.

If the label does not include the country of source, don't buy the paper.



A little insight into the whitening process

As well as differentiating between post and pre consumer waste, people should understand how paper is **bleached**.

In the manufacturing process, companies either use oxygen or chlorine gas to make the paper white.

When pulp mills use chlorine gas to bleach paper, chemicals known as dioxins are released into the environment as a waste product. Dioxins are some of the **most toxic** chemicals known.

Trace amounts of dioxins can increase the incidence of:⁵

Cancer;

Diabetes;

Endometriosis;

Decreased male sex hormones and sperm count;

Decreased immune response; and

Behavioural effects and learning disorders.

The best alternative is totally chlorine free or TCF bleaching. This process uses oxygen gas, ozone and hydrogen peroxide and produces a waste that is virtually free of dioxins.

The Environmentally Preferred Paper Alliance specifies that chlorine bleaching must not be used in the manufacturing process.

A big choice of brands

Currently there are five brands of high quality recycled paper that are widely available in Australia for use in printers or photocopiers.

They are **Evolve**, **Canon 100** (also called Nautilus), **Best of Triotec** (also sold as e-copy or Officeworks Recycled), **Cyclus** and **Botany Brown**.

Copy Papers

Evolve

- 100% recycled (100% post consumer waste)
- TCF bleached
- 150 years archival quality
- **Evolve Office** is recommended for high volume printing and copying.
- **Evolve Business** is suitable for use in colour copiers
- Made in UK
- **Price – \$5.72 - \$8.50 per ream** (cheaper in bulk)

Canon 100 (Nautilus)

- 100% recycled (approx 50% post consumer waste)
- TCF bleached
- 100 years archival quality
- Recommended for black and white double or single sided photocopiers and printers
- Made in Austria
- **Price – \$5.80 - \$7.98 per ream**

“Best of Triotec”

- (ecopy/Officeworks Recycled)
- 50% recycled (43% post consumer waste) and 50% virgin fibre (35% plantation)
 - TCF bleached
 - 100 years archival quality
 - Recommended for use in inkjet printers, laser printers, photocopiers, colour copiers, plain paper fax machines
 - Made in Austria
 - **Price – around \$6.78 per ream**

Printing Papers

Botany Brown (also known as Enviro Board Paper)

- 100% recycled (100% post consumer waste)
- TCF bleached
- Recommended for Annual Report covers
- **Made in Australia (by Visy)**
- **Price – Variable depending on gsm and quantity**

Cyclus

- 100% recycled (75% post consumer waste)
- TCF bleached
- Archival quality and highly recommended for printing newsletters, letterhead and Annual Reports
- Made in Denmark
- **Price – variable depending on size and quantity**

Suppliers

SCRAP

(02) 9825 1062
(deliver Australia wide,
by pallet only)
www.scrapltd.com.au
Stocks: Evolve,
Canon 100, Cyclus

Going Solar

(03) 9328 4123
Stocks: Evolve,
Canon 100

Kalamazoo

1300 652 978
Stocks: Evolve

A. Moir & Co.

1800 252 669
Stocks: Canon 100

Longbottom Paper

(02) 9553 5911
Stocks: Canon 100

Edwards Dunlop

1800 113 007
Stocks: Best of Triotec

Ecocern

(02) 9337 2737
Stocks: Botany Brown,
Evolve, Canon 100

Premier Paper Co.

(03) 9416 8188
Stocks: Evolve,
Canon 100

National 1 Limited

(03) 8671 2000,
www.national1.com.au
Stocks: Evolve,
Best of Triotec

Canon

13 13 93
(large orders only)
Stocks: Canon 100

Officeworks

13 15 05
(some stores only)
www.officeworks.com.au
Stocks: Canon 100,
Best of Triotec

Landmark School Supplies

(03) 5625 1701
www.elandmark.com.au
Stocks: Best of Triotec

KW Doggett

(03) 8470 2222
www.kwdoggett.com.au
(samples available)
Stocks: Botany Brown,
Cyclus

Raleigh Paper

(03) 9558 0500,
(02) 9743 1255,
Stocks: Botany Brown

Victory Paper

www.victorypaper.com.au
(trial pack available)
Best of Triotec

Danka Australia

1300 787 871,
(02) 9978 6000
(minimum 5 reams)
Stocks: Canon 100

The Wilderness Society

(03) 9639 5455
Stocks: Canon 100

*National numbers listed. Please enquire with suppliers for distribution in your state.

“It’s great to be purchasing a paper for the office that we can feel good about using. It’s a simple yet significant way for us to be making a difference.”

*Jo O'Brien Project Officer – Environment North Coast
Institute of TAFE, on using Evolve copy paper.*

The three R's: Refuse, Reuse Recycle

Choosing environmentally friendly paper is an important step in the preservation of our forests. But we also need to drastically reduce our consumption of paper products.

Here are four simple things that you can do to reduce your paper consumption.

- Consider email instead of letters and faxes;
- Don't print unnecessarily. Also print double-sided;
- Don't fax confirmations unless necessary; and
- Store documents in electronic form rather than hard copy.

You can also start thinking about other paper products you may use on a regular basis.

- Toilet paper – there are many recycled brands on the market.
- Paper towel – at least one recycled brand on the market.
- Use tea towels in the kitchen and hand towels in the bathroom.
- Many cafes are very happy to serve your takeaway coffee in your own mug.

You and your company can make a **BIG** difference for our native forests by making just a **LITTLE** change to the paper you use.

Make sure your paper doesn't go to landfill! Both at home and in the office paper is one of the easiest things to recycle. Most homes have paper recycling collection, but not all businesses do. If your office does not currently recycle its paper call Visy (1300 368 479) or Amcor (03-9811 7111) or one of the many other smaller paper recyclers to arrange collection.

Who is ACF?

For over 30 years the Australian Conservation Foundation (ACF) has been Australia's **leading** national, environmental organisation. Individual Australians fund ACF's conservation work via their memberships, donations and workplace giving programs.

ACF works for **practical solutions** to the most urgent environmental problems, solutions that achieve **lasting** political, economic and social support. Your support will help ACF to ensure that future generations have healthy rivers, clean air, flourishing forests, unspoiled oceans and protection for our unique animals and plants.

For more copies of our Paper Recycling Booklet or to find out more about how you can recycle paper call 1800 332 510 (free call) or simply log on to our website www.acfonline.org.au. You can also find out more about ACF and our environmental campaigns.

You can help our environmental campaigns by donating to:



Australian Conservation Foundation

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Phone: (03) 9345 1111 Fax: (03) 9345 1166

Email: acf@acfonline.org.au

Web: www.acfonline.org.au

[1] EcoRecycle and Buy Recycled Business Alliance. **Buying Recycled for Business: The Tool Box**. A guide to assist companies in implementing 'buy recycled' programs. Available at www.ecorecycle.vic.gov.au

See also Lawyers for Forests. (2003). **Becoming Forest Friendly. An Eco-Kit for Law Firms**. Available at www.lawyersforforests.asn.au

[2] For more on the specifications or the Environmentally Preferred Paper Statement of Intent, contact ACF c/- Suzie Brown Sustainability Officer, 60 Leicester St Carlton Vic 3053.

[3] Reference to any company or product in this guide should not be taken as an ACF endorsement of that company or product.

[4] Ethical Investor. **Indonesia's forests under IMF Pressure**. Issue 7 December-January 2001-2002. Page 35. See also Tan, L. (2003). **The Curse of Wilderness**. Habitat 31 (5). Page 13.

[5] World Health Organisation. (1999). **Dioxins and their effects on human health**. Fact Sheet 225. Available at www.who.int

[6] Australian Paper Industry Council. (2003). **Statistics**. Available at www.apic.asn.au

[6] National Biodiversity Council (1998). Scientists criticise governments' forest policy. Available at www.nccnsw.org.au

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THANK YOU



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