

WHAT CAN I DO TO TACKLE POINTLESS PLASTIC?



6 KEY STEPS YOU CAN ACT ON TODAY...

1. REDUCE YOUR USE!

What single-use plastic items do you currently use that you can do without? Make a list, if there's only one thing on that list, that's ok. **Examples:-** straws, wet wipes, plastic bags, individual sweets wrapped in plastic

2. REPLACE

Make a list of plastics you use every day that are single-use. What easy swaps can you make? Do your research and find the best alternatives for you. Try to source locally or make your own alternatives. **Examples:-** Are you always buying bottled water? Buy a reusable bottle such as stainless steel or glass instead. Do you love grabbing a coffee on-the-go? Buy a reusable coffee cup and always keep it handy. If you forget it, forego your coffee. You'll soon create a new habit of always having your reusable cup

3. REFUSE

Demand more from businesses where you spend your hard earned cash. Choose businesses that are thinking more sustainably. Challenge those who aren't. **Examples:-** Only buy fruit & vegetables that aren't wrapped in plastic. Bring your own food container and ask your favourite take away to use it instead of a polystyrene one. Ask them to purchase compostable ones, that your local council can dispose of correctly

4. REUSE

When you do buy plastic, assess if there's any reuse value in it. Use and reuse what you have before replacing

5. RECYCLE

Plastics are such a huge part of our lives, we won't be able to purge it completely. So, for those you must buy, make sure they are recyclable and recycle them properly. To find out more check out your council's bin app

6. RETHINK

Once you've tackled those every day plastics you can do without. Think about your shampoo and shower gel bottles. **Examples:-** Choose solid shampoo from Lush. Can't swap to a bamboo toothbrush? Then, find your nearest TerraCycle free recycling programme drop-off location for oral care products and packaging, or set up your own. It's completely free. You can also recycle crisp packets, bread bags and baby food packaging to name just a few. If you're buying on Amazon tick 'Frustration Free' packaging option to reduce excessive wrapping.

