



Tips on how to reduce your use of plastic

It is very easy to feel overwhelmed by all this plastic, and the damage it is doing. Every little change you can make will make a difference. If everybody did just one thing, think what all those actions would add up to!

Shopping

- Take a reusable shopping bag with you, every time you shop
- Try to buy food with less plastic packaging (markets often use paper bags)
- See if you can buy things in boxes rather than plastic bottles
- Consider getting milk delivered in returnable glass bottles
- See if you can buy in bulk
- Try using a Zero Waste shop where you can refill your own containers
- See if you can buy eggs in cardboard containers (can compost or recycle)
- Try to buy loo roll wrapped in paper not plastic
- Use teabags that contain no plastic or loose tea

In the Kitchen

- Store leftovers in a reusable container and avoid film wrap
- Use a natural sponge or coconut scourer instead of plastic sponges
- Recycle your plastic correctly
- (RBWM recycles several types of plastic at the kerb, and a lot of soft plastic can be recycled by several of the big supermarkets).
- Compost things like vegetable peelings if you can
- Get refills of washing and cleaning liquid

Going out

- Take a reusable coffee cup
- Use a reusable water bottle
- Say No to plastic straws
- Ask for no extras with takeaways
- Try to avoid disposable plastic cutlery
- Ask to have your restaurant "doggy bag" using your own container

Bathroom

- Use a shampoo bar rather than liquid in a plastic bottle
- Change from plastic razors to a metal one
- Replace your old plastic toothbrush with a bamboo one.
- Try reusable sanitary pads or a menstrual cup instead of disposable pads
- Buy plastic free wet wipes
- Consider reusable nappies rather than disposable ones

Events

- If you buy wine, buy bottles with natural corks or screw top
- Avoid using balloons as they are harmful to wildlife
- Try not to use plastic cutlery or plates for a party

Odds and Ends

- Think about borrowing rather than buying things – e.g. using Freecycle
- Consider buying things from charity shops rather than new.