



Tips to reduce plastic:

1. Stop using straws! Or else buy a reusable metal straw, or paper straws.
2. Use a reusable water bottle.
3. Don't buy plastic bottles of drinks. If you must, buy a can or a glass bottle
4. Buy butter in foil packaging and use a ceramic butter dish. Rather than buying butter in a plastic tub..
5. Try a wooden toothbrush.
6. Use cotton reusable bags instead of plastic ones.
7. Choose food shops/supermarkets that offer plastic free options (e.g. Some supermarkets use compostable bags for loose fruit and veg).
8. When ordering takeaway, specifically request that there is no plastic cutlery added to your bag. Bring your own metal cutlery with you or eat at home.
9. Buy fruit and veg in a local shop, where they aren't wrapped in hard and soft plastics.
10. When there's a choice in your supermarket, buy items with paper or cardboard packaging.
11. Use wax paper food wraps to wrap your sandwiches, cheese etc. for your lunchbox.
12. Store cut onions, peppers and other food items in reusable containers rather than wrapping in cling film.
13. Choose biodegradable glitter.
14. Buy a keep-cup, or reusable coffee cup for when you want to purchase hot drinks when you're out.
15. Research homemade cleaning products using vinegar, lemon and baking soda- this will reduce the number of plastic bottles of cleaning products you buy.
16. Use bars of soap rather than plastic bottles. You can buy dish soap, hand soap and even shampoo and conditioner in this form.
17. Don't use air fresheners- use fresh flowers or herbs from your garden instead.
18. Buy milk in cartons rather than plastic containers
19. Use cloths to clean up, not paper towels (they come wrapped in plastic).
20. Buy ice cream in a cone, not in a tub, and avoid plastic spoons.
21. Use pencils or pens made from recycled materials.
22. Avoid using wet wipes. Use a facecloth instead.
23. If hosting a party, avoid using disposable plates, cutlery and cups.
24. Go for the natural look- avoid 'fake nails'. These are just more disposable plastic!
25. Ditch the chewing gum. Did you know most of the chewing gum on sale is made from a polymer, a plastic product made from oil, a bit like the stuff we use to make car tyres.
26. Learn strategies for green gift-giving. Give only what will be truly appreciated. Opt for experiences like restaurant meals, tickets to events etc.
27. Learn to gift wrap without plastic. Avoid Sellotape and use twine to wrap paper around your gift. Or reuse gift bags.