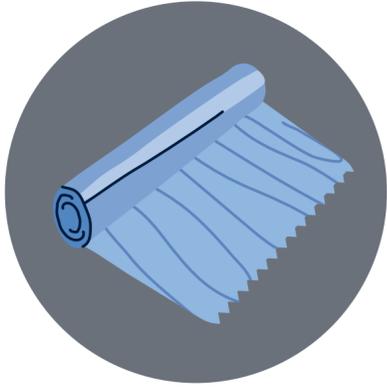


PLASTIC WASTE



FOOD STORAGE

Use tin foil, stretchy reusable lids or resealable bags instead of cling film at home to reduce your plastic waste. Cling film can't be recycled!



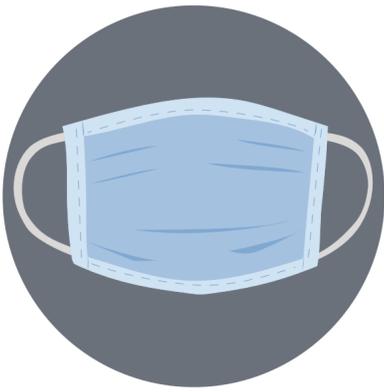
LUNCHTIME

Take a packed lunch in a reusable container instead of buying pre-made sandwiches in packaging. This may also save you money!



TOTE BAGS

Take reusable shopping bag(s) to the shops. Keep them in your car boot or buy one that can fold up small and stay in your bag or pocket.



PPE

Where it's safe to do so, use reusable face coverings (wash after use!) and ensure you cut the strings of disposable face coverings to protect wildlife.



FOOD PACKAGING

Aim to buy products in tins or glass jars where possible or loose fruit and veg, using paper bags if available. Not all plastic can be recycled!



REUSABLE CUPS

Avoid disposable coffee cups and plastic bottles, use reusable options instead. You can buy collapsible versions to fit in your bag easily.



FABRIC

Consider the fabric of your clothing. Sticking to cotton based items will reduce harmful microfibres entering the water cycle.



BATHROOM

Make your bathroom plastic free by: using shampoo bars, eco loo rolls, bamboo toothbrushes. Avoid wipes & disposable razors.



BOTTLES

Use reusable pump sprays to clean your house. For bathrooms and kitchens you can make your own cleaner with diluted vinegar!