

25 Steps to reduce your plastic use:

- 1) Take your own fabric bags shopping – it will save you money
- 2) Take your own containers and buy loose food. This can cover most dry foods and meat and fish.
- 3) Use and reuse paper bags for fruit and veg (if it needs one!)
- 4) Avoid food wrapped in plastic (eg broccoli)
- 5) Refill bottles for cleaning solutions
- 6) Avoid buying water in bottles. Use your own container, filled from a tap
- 7) Refuse straws
- 8) Wash cloths less – it will save you money and is not a hygiene issue
- 9) Wash at a lower temperature - it will save you money and is not a hygiene issue
- 10) Buy chocolate wrapped in foil and paper only
- 11) White goods broken – use a repair café to avoid landfill
- 12) Use plastic free tea bags or loose tea
- 13) Use coffee beans instead of pouches
- 14) Avoid balloon releases
- 15) Use recyclable glitter – it does exist!
- 16) Wash up with bamboo cloths – cotton ones nearly always contain plastic
- 17) Buy bread in a paper bag (and reuse it!)
- 18) Have milk delivered in bottles
- 19) Buy larger blocks – halves the waste
- 20) Buy large packets of crisps and recycle through us
- 21) Buy blocks of soap or refill liquid soap containers
- 22) Shave with a safety razor or electric -avoid disposable
- 23) Use paper or bamboo cloth instead of wet wipes
- 24) Use a cardboard tampon applicator
- 25) Avoid black plastic trays – very rarely recycled