



## A Few Tips from WHAT for Reducing Plastic Consumption

### REDUCE, REUSE, RECYCLE!

Plastic does not harmlessly disappear from the environment. It recirculates as small particles and fibres that ultimately enter the food chain. Micro-plastic pollution is affecting all corners of the earth including the Arctic and Antarctic. Although some plastic can be recycled, unlike many other materials recycling plastic does not stop the pollution it causes. It just delays the inevitable escape of pollutants into the environment. Many plastics can only be recycled a few times before they become too low-grade to use. One effective way to reduce your plastic consumption is to refill your existing containers. Download the Refill App and you will be



able to see all the locations that are signed up to the scheme. This started as a way to reduce the consumption of bottled water by enabling people to refill their water bottles. It has since expanded markedly to cover a range of products. In the table below we list a few of the places where you can refill your liquid soap, your detergent and shampoo for example.

<b>Fruit and Vegetables</b>	Buy the unwrapped version or use brown paper bags. Avoid plastic trays and plastic film.
<b>Meat and Fish</b>	Take your own containers to hold the meat and fish you buy. Supermarkets accept them even now and it saves on packaging of all types.
<b>Prepared/processed food</b>	Try to avoid these products as they tend to be heavily packaged and usually with plastic. Look for frozen foods wrapped in cardboard rather than plastic
<b>Milk and dairy products</b>	Buy bigger pots/bottles/packages to reduce overall packaging/plastic consumption. Get milk delivered in glass bottles (see local services below)
<b>Soft drinks</b>	Look for soft drinks that come in glass bottles or cans (as cans can easily be recycled and have value). Dilutable cordials last longer than prepared squashes
<b>Water</b>	Use tap water rather than bottled at home and in refillable metal or glass containers (e.g. Big Green Bottle Co) when travelling. Get the 'Refill' app to find where water containers can be filled when 'on the go' (See below)
<b>Coffee and tea</b>	Avoid coffee 'pod' systems that generate a lot of plastic. If you do use them, some companies offer recycling services e.g. Nestle, Jacob Douwe, Egberts, Starbucks) Look for loose leaf tea or tea bags in cardboard containers
<b>Take away meals</b>	Often big producers of plastic waste. If you do use them, look for providers that use paper, cardboard or tinfoil rather than solid plastic or

	<p>polystyrene containers. <b>Wash and re-use suitable containers</b>  <b>But remove soiled areas from paper and cardboard (e.g. fish/chip wrapping and pizza boxes) before recycling</b></p>
<b>Take away coffee and other drinks</b>	Make sure to carry reusable coffee cups. If you find (or end up with) a paper one – return it to Costa, Starbucks or Caffe Nero for recycling
<b>Reusable bags and containers</b>	Keep folded 'mini' bags when you go shopping or are out and about. Re-use old plastic bags as often as possible. Use old plastic containers for storage – where safe to do so.
<b>Soap</b>	Use bar soap if possible to cut out the plastic from liquid soap packaging. Or get your liquid soap bottle refilled to save on plastic. In NW6 for example you can go to Amy's, The Source and Organico.
<b>Toothpaste</b>	Buy bigger tubes, make sure you get all the paste out before discarding – use a bull-dog clip to squeeze it out and then chop the end off. You can do this with all products sold in tubes.
<b>Toothbrushes</b>	Try a biodegradable bamboo toothbrush - The Humble Brush is stocked in Waitrose, Boots and Superdrug. The handle is made from 100% biodegradable bamboo, although the bristles are nylon and will need to be removed before composting. Or use a conventional toothbrush or electric toothbrush with a replaceable head. This will reduce single-use plastic consumption. The Source toothbrush is made from recycled materials and claims to reduce "93% of waste from standard brushing".
<b>Shampoo</b>	Try bar shampoo or buy big bottles especially ones that can be refilled.
<b>Cosmetics</b>	Opt for brands that don't use lots of packaging and ones which allow refills. Several companies including John Lewis and Selfridges are recycling hubs for cosmetic packaging.
<b>Razors</b>	Stop buying disposable razors, – buy a traditional safety razor which will last years or try a bamboo handled one. Wilkinson Sword now sell disposable razors made of recycled plastic.
<b>Contact Lenses</b>	You can take your used disposable contact lenses and packaging to be recycled at Insight Opticians on West End Lane.
<b>Toilet paper</b>	Avoid toilet paper wrapped in plastic. Have a look at "Who Gives A Crap" products which are made from 100% recycled materials and come in plastic-free packaging. The company donates 50% of profits to help build toilets for people in need of better sanitation. Sainsburys and Waitrose also sell toilet paper made from recycled paper. <u>Greencane</u> toilet paper is made from recycled bamboo and sugar cane and also guarantees completely plastic-free packaging and products.

	Ecoleaf toilet paper is made from 100% recycled paper and the packaging is compostable.
<b>Clothing</b>	Avoid plastic clothing i.e. containing polyester, nylon, acrylic and polyamide. Reduce shedding of plastic microfibres by: <ul style="list-style-type: none"> <li>• Washing at 30C</li> <li>• Ensuring a full load to reduce friction</li> <li>• Air-drying clothes rather than tumble-drying</li> <li>• Choosing a slower spin cycle</li> <li>• Keeping clothes for longer as older clothes shed less.</li> </ul>
<b>Cleaning Products</b>	Buy bigger bottles and opt to refill. (see local sources below)
<b>Brushes and sponges</b>	Opt for wooden dish brushes Use plastic-free sponges such as Sonett Eco sponges made of cellulose, sisal fibres and recycled PET. This is a scratch-free sponge, washable up to 60 degrees C. Loofco washing up pad: two-pads per pack - long-lasting, non-scratch made from Loofah plant - flexible, durable and traditional, will last for months and at the end of its natural life can be composted. Ecoliving make compostable sponge cleaning cloths 4/pack These products are available at: <a href="http://biggreensmile.com">biggreensmile.com</a>
<b>Dishwasher detergent</b>	Most supermarkets sell dishwasher powder that's packaged in cardboard boxes. You could also try EcoLeaf dishwasher tablets which are wrapped in a water-soluble wrapper that dissolves in your dishwasher – breaking down to carbon dioxide and water. And Faith in Nature makes dishwasher gel which you can buy in bulk, saving on the amount of plastic packaging.
<b>Washing machine powders/gels</b>	Some washing powders still come in cardboard containers
<b>Stationery</b>	Avoid plastic pens – opt for an ink pen with a bottle of ink where possible. Some ballpoint type pens have metal refills – but watch for plastic parts. Alternatively recycle your old pens and refills at Rymans Or look for plastic free pens (e.g. <a href="https://www.agilehomeandgarden.co.uk/">https://www.agilehomeandgarden.co.uk/</a> )
<b>RE-USE!</b>	<b>Save plastic containers and glass jars and use them for food storage and other purposes.</b>

Download the Refill App for local shops and cafes that refill water bottles

<https://www.refill.org.uk/>

Buy refill water bottles and re-usable coffee cups from Season Kitchen Shop, West End Lane, near Thameslink <https://seasoncookshop.co.uk/pages/season-cookshop-west-hampstead>

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