

ChalCAN – 10 TIPS TO REDUCE SINGLE USE PLASTIC

Single use plastic is now a major cause of global pollution: ChalCAN want to help us all reduce this.

1. Plastic drink bottles

- Don't buy bottled water; use tap water and carry a refillable bottle.
- Avoid brightly coloured drinks bottles, they are very hard to recycle. Get a soda stream if the kids can't do without their fizz

2. Plastic straws and cutlery

- Refuse to accept in pubs and cafes, tell them why. Keep a fork in your bag

3. Plastic bags

- Always carry a lightweight multi-use bag to avoid accepting a plastic bag.
- Check out www.Morsebags.com – made by local groups all over the country from offcuts of material and are given away free. *Or make your own*

4. Wet wipes and pads

- These contain plastic and are virtually indestructible. Use compostable cotton wool and bamboo wipes, or cloths that can be washed

5. Bathroom

- Cotton buds: many brands now have cardboard sticks
- Replace disposable razors with safety razors
- Use applicator-tampons, those with cardboard applicators or try a menstrual cup
- Refill your liquid toiletry bottles
- Cleansing products – check out labels on containers chuck out those which contain the now banned microbeads (PE, PP, PET, PMMA, PA)
- Switch to toiletry bars (remember soap? It's now available as shampoo too)
- Loo roll – check out www.uk.whogivesacrap.org; recycled loo roll wrapped in paper Collaborate with a neighbour to save on deliveries
- Cleaning liquids - refill the bottles

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6. Kitchen and laundry

- Washing up – microfibre cloths and scouring sponges are made of plastic. Source wooden scrubbing brushes and cotton cloths as you replace.
- Cut out clingwrap; use beeswax covers, silicone lids or reusable storage containers
- Refill washing up liquid, fabric wash and cleaning liquid bottles
- Use wooden pegs instead of plastic, source wooden brooms and metal buckets
- Clothing made from man-made fibres release micro fibres which can't be caught either by the washing machine filter or in the water treatment works. Buy a Guppy Bag, a lint catching bag which will drastically cut the amount of micro fibres reaching the ocean from your house

7. Shopping

- Buy local: Chalford Stores, Stancombe Farm, farmers' market, greengrocer, butcher and baker
- At the supermarket buy loose fruit and veg and use the deli counters for fish, meat, cheese and breads - take your own reusable bags and tubs
- Avoid products in black plastic trays, which can't be recycled
- Tea bags – most contain plastic; revert to loose tea which is cheaper and tastier
- Don't use coffee pods unless they are compostable (just coming onto the market)
- Butter – look out for products wrapped in paper or foil rather than plastic
- Milk – refill bottles of cows' milk (see suppliers list) or subscribe to doorstep milk (Milk and More); otherwise switch to tetrapacks
- Lighting up: Bic make 5 million plastic lighters a day: use matches or a refillable lighter
- White goods and electricals – find your nearest repair café at www.repaircafe.org or, if it's working, send it to a new home with Freecycle – www.freecycle.org

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8. Children

- Nappies: around 8 million unrecyclable disposable nappies are thrown away each day. Try traditional terry nappies with a liner or buy those made with sustainable materials such as bamboo or wood fibre (These are compostable but not at home – check out www.nappicycle.co.uk to find your nearest depot).
- Don't use wet wipes; use paper towels, reusable cloths or bamboo wipes instead
- Balloons: balloons shred into shapes which are then eaten by sea creatures and animals. Strings and ribbons entangle and kill birds and animals. No balloons are eco-friendly; object to plans for releases
- Glitter: this is ready-made microplastic which washes straight out to sea. Stop using it at home and at school. Try brightly coloured paints.

9. At work

- Coffee to go - very few take-away cups can be recycled. Carry your own
- Lunch – avoid takeaways as, even if the container can be recycled, it's likely to be too contaminated to be recycled. Wrap your sandwiches in beeswax wrapping or tinfoil or use a box (or take your box to the sandwich shop)
- Pens – ubiquitous, prolific and unrecyclable. Seek out refillable versions or buy a fountain pen.

10. The business manager

- Remove the water cooler, install a filter for tap water; replace plastic cups with glasses
- If you have a canteen remove plastic cutlery, sandwich wrapping, takeaway boxes and vending machines that selling goods in single use plastic
- Use dryers instead of towels
- Start a recycling policy for as many items as possible and appoint a recycling champion



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