

Beginners Guide to Reducing Plastic Waste

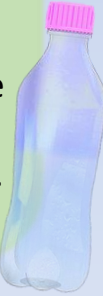


Ditch Plastic Straws

Each year in the UK **8.5 billion** straws get thrown away. Yet this is easily avoided by simply asking not to have one with your drink. Et voilà – you have reduced your plastic waste with very little effort.

Take Your Own Water

Getting into the habit of taking your own water about with you in a reusable bottle (preferably metal) prevents you having to purchase the single use plastic alternative. Better for the planet and saves you money.



Bags For Life

Despite a 83% reduction in single-use plastic bags use caused by the 5p charge in the UK, we still use over 2 billion a year. Keeping a bag for life in an easy and convenient place, so that you are never without one, is an easy way of moving us closer to giving them up completely.



Bar Soap and Shampoo

Although we are increasingly better at recycling our waste in the kitchen and outside, we recycle only 50% of our bathroom packaging. Using bar alternatives reduces your plastic waste and can often save you money as the bars often last longer than the bottled alternative.



Reusable Coffee Cups

Less than 1% of coffee cups are actually recycled due to the plastic lining that make them waterproof. Acquiring a reusable coffee cup and taking it with you next time you get a coffee will reduce your environmental impact and can even earn you a discount in certain stores.



Avoid Packaging

Try and select the produce with the least packaging such as fresh bread which comes in paper bags instead of plastic. If you can, go to a local farmers market (remembering to take your own bag) where it is easiest to purchase plastic free food.



Think Carbon

For more information on how to reduce your impact and save money visit carbonfootprint.com

