



# PROTECT THE PLANET

Plastic Reduction Tips



Consider the first 3 options (and more) to reduce plastic. This will result in:

- Conservation of non-renewable fossil fuels – plastic production uses 8% of the world’s oil production<sup>1</sup>
- Reduced consumption of energy and emissions of carbon-dioxide and other gases
- Reduced amounts of solid waste going to landfill and pollution in water bodies

Remove...	Replace with...
Plastic bags for shopping and storage	Bags made from canvas, denim, jute, crochet cloth bag, biodegradable plant-based materials or paper
Take-out tea/coffee cups and bottles on the go	Reusable bottle/tumbler or beverage cup such as a bottle made of steel or BPA-free plastic
Plastic boxes to store leftovers	Stainless steel or glassware
Plastic bags as bin liners	Separate out dry waste and dispose of as much waste directly in the bins without bin liners. If using bin liners opt for biodegradable ones
Plastic shower curtains	Curtains made of nylon, hemp or organic cotton
Plastic table coverings	Cloth tablecloths
Table mats	Cloth mats that can be washed instead
Plastic straws	Drink straight from the bottle/can, pour into a glass or use drinking straws made of glass, stainless steel, or bamboo
Convenience foods heavily packaged in plastic	Natural food or foods packed in recyclable materials
Take-out boxes (often made of plastic or styrofoam)	Your own boxes or containers from home
Plastic cutlery/plates/cups	Stainless steel cutlery, or biodegradable and compostable material such as leaf or sugarcane-based plates
Facewashes containing microbeads	Organic face-washes that contain natural exfoliants
Nappies/sanitary towels	There are environmentally friendly options available on the internet
Juice bottles	Your own fresh-squeezed juice or simply eat fresh fruit
Plastic packaging	Make your own products / buy products that come in boxes rather than plastic bottles or wrappers e.g. laundry detergent or dish soap
Plastic lighters	Matches
Gum	Mints
Disposable Razors	Razors that have replaceable blades or straight razors

# Upcycling

Reuse (discarded objects or material) in such a way as to create a useful objects/products.

Examples include:

Old...

...can be new...

Milk Bottles



Dust Pans



Funnels



Watering Jugs



Plastic Bottles



Organisers



Planters



Ketchup Bottles



Pancake or Icing Squirters



## Extra Resources:

1. <http://www.sustainablebabysteps.com/alternatives-to-plastic.html>
2. <http://www.terracycle.com/en-US>
3. <https://iammotherearth.wordpress.com/green-living-tips/>
4. <http://farmersalmanac.com/blog/2015/07/31/30-brilliant-ways-to-upcycle-common-household-items/>
5. <http://twistedsifter.com/2012/06/creative-ways-to-repurpose-reuse-and-upcycle-old-things/>

