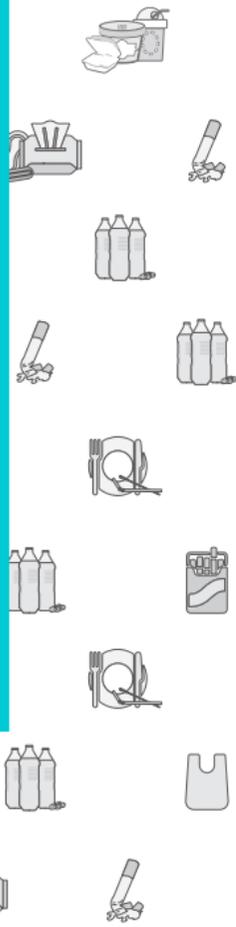




HOW TO LIVE WITH LESS PLASTIC IN 2019



RESOLUTIONS FOR A GREENER YOU





It's tempting to try and start the New Year with a bang - by **vowing to go plastic-free** outright. It's important to be realistic! You are more likely to be successful by tackling your plastic footprint in small steps and embedding new habits bit by bit.

This New Year, we are going to give you some resolutions for each of the **5 R's of the waste hierarchy**. To help you incorporate these practices into your daily life!

RESOLUTION TIME



Do a plastic use audit in your home- take it room by room!

Look in the kitchen, bedroom, bathroom and ask yourself:



How many plastic products am I using in here

What types are these

Can I reduce these single use plastics

Do these products have alternatives

By running this mini reduction programme, you can decide which products are essentials. This will help you minimise your intake and make a big difference over time. For example buying in bulk or using a metal razor instead of disposable. Make a spreadsheet or a chart to track your usage and check back in later to see how well you have done.



Focus on what you can



Now the home audit is complete, work out which items you can reuse and repurpose. Here are a few ideas to get you inspired:



Old jars can be used to store grains, hold stationery, to grow herbs and plants.



Empty bottles can be repurposed into soap dispensers. Fill it up and screw on an old soap lid!



Finished with your toothbrush? Keep it for household cleaning. It's useful for those hard places to reach.



is a great place to find creative ways to upcycle plastic products. You can even transform ice cream containers into a letter box - see [here!](#)



Aim to REUSE 

Certain plastic items we just don't need. Yet they creep their way into our daily lives. 'Refuse' goes hand in hand with "Reduce", because an easy way to cut your plastic consumption is to refuse certain products



1.75 billion bags were used in the UK alone from 2017-2018.

Opt for a reusable canvas bag over a 'Bag for Life'. Why? These have become the new single use bag - they use more plastic and are causing more waste.



When released, they will probably end up in the rivers or seas and can be ingested by turtles and seabirds.



Take your own. You can source cutlery in cases by searching for zero waste. These are perfect for your lunch and whilst on-the-go.



Many magazines and paper come in plastic wrapping. Can you read these online instead?

Plastic straws: These are NOT yet banned despite many campaigns last year. In bars which still serve these, ask for your drink without one or remove it on arrival. This act of protest will help incite policy change.

Avoid plastic stirrers too.



REFUSE means you choose



Recycling

This is the fourth option down the waste hierarchy.

Recycling is important to keep materials in the loop, but there is work to be done to help make this simpler and more effective.

Confusion over labelling regarding recyclability, the large number of plastic types and the difficulty in separating them and a system which is not harmonised leads to contamination.

What top tips can we give you when it comes to recycling?

1. Rules vary in different councils!

Do you want to find out what you can put in your recycling at home? Recycle Now takes your postcode and tells you what items your Local Council accepts. Check out the site now!

2. Beware of the Mobius Loop.

Don't be fooled, this does not mean it can be recycled or has been recycled. Moves are afoot to simplify the messaging - this cannot come soon enough! You need to find out from your local collection system.

3. Wash it and Squash it! This is good advice from industry experts.

Why? It prevents food residue contamination spreading onto other materials such as paper as they all go through the separation system. Contamination can lead to rejection of recyclates.



RECYCLE with care

The truth about compostables.

The labels 'compostable' and 'biodegradable' are often mistakenly thought of as interchangeable. They are not! BEWARE! What do you need to do?

Fact sheet for compostable plastics:

How are they made?	From renewable materials, like cornstarch and soy protein.
How do they break down?	Bacteria digest this type of plastic and turn it into compost.
What's an example of a compostable plastic item?	Eg. A 'compostable' plastic bag. But it must meet certain requirements to earn it's label. It can't be toxic to worms, it must support plant life.
What can your council tell you?	Your council can advise whether to put compostables with your green waste. Most need high temperatures to break down, so check with your council before putting these into your compost waste stream.
What about home composts?	Some compostables can be home composted. But they will be labelled if so.
Can compostables be recycled?	NO! Don't put them into recycling, they cannot be recycled the same way as non-biodegradable plastics.
Can biodegradable plastics be recycled?	Like compostables: they DO NOT mix with recyclables. They are usually not suitable for the compost pile and belong in the general waste bin. However, they will be labelled on the chance they can be composted.



what a lot of ROT 

The text "what a lot of ROT" is written in a dark blue, sans-serif font. To the right of the text is a circular logo containing a stylized plant with a single leaf and a root system.