

Ideas to Reduce Your Plastic Waste

- Bring a reusable bottle for water.
- Use reusable shopping bags.
- Try to avoid buying toys that are made of plastic, especially if you think you're unlikely to play with them often.
- Give away toys that you've finished with to friends, family or second-hand shops.
- Normalise getting things second-hand, even gifts. If it's something you really like it doesn't matter that someone else has also really liked it before you.
- Consider experiences, books, clothes and food as gifts for loved ones.
- Choose snacks that are packaged in little to no plastic. Fruit like bananas and oranges are great options. It can sometimes help to divide up larger amounts of food into reusable tubs to bring to school as a snack rather than things that come in individual packets.
- When shopping at the supermarket make choices about what to buy based on the amount of plastic the packaging contains.
- Recycle the plastic you do use, but make sure you check that it can be recycled and that do it correctly.



Ideas to Reduce Your Plastic Waste

- Fix and repair broken plastic items where you can and take care to look after things so that they are in good condition for a long time.
- Say no to plastic straws, cutlery and other throw away utensils.
- Try to use plastic-free versions of products like shampoo, soap and toothbrushes.
- Check products for hidden plastic; even tea bags contain plastic! Switch to plastic-free versions where you can.
- Choose paper party decorations or make your own! Balloons are plastic and they can cause major problems for wildlife.
- Keep food in reusable containers if storing it in the fridge; try to avoid using cling film. Glass jars can work well and can come from other foods.

