

USING LESS PLASTIC

STRENGTH IN NUMBERS REDUCES PLASTIC WASTE

Traditional, effective & non-toxic CLEANING AGENTS : white vinegar, bicarbonate of soda and washing soda [dissolved in warm water] with real liquid soap to shift dirt, lime-scale and grease.

Audit the plastic containers in your home & find a substitute like shower gel for a bar of soap or recyclable Q-tips instead of plastic ones, electric razor instead of plastic throwaways.

Find brands of clothes washing products that can be topped up in the old container and use old cotton T-shirts as cleaning rags & clean them with the weekly hot wash.

Use bamboo toothbrushes available on line, that biodegrade in 6 months, instead of plastic ones last year in the USA alone there was an estimated 50m pounds in weight from plastic toothbrushes.

Use old fashioned cleaning agents like vinegar, bi-carbonate of soda, real floor soap and washing soda combined to your taste with water in a garden sprayer. These combat limescale, grease and dirt without spreading toxic waste in the home that is absorbed through the skin.

Instead of cling film put a plate or saucepan lid on top of food in the fridge, wrap sandwiches in greaseproof paper. Re-use kitchen foil by washing in hot water to remove grease, fold and store for the next time.

Carry reusable fabric shopping bags.

Try buying food wholesale with friends so that dry ingredients such as grains, rice, pulses or dried fruit, can be kept in glass jars thereby reducing plastic packaging.

Recycle old plastic toys via a toy library in your area. Carry reusable coffee cup or flasks for water and drinks.

Last year 7 million plastic-lined coffee cups are thrown away each day in the UK. If you buy hot drinks in a paper cup make sure you ask NOT to have a plastic cover.

Say NO to plastic cutlery, carry a Titanium spork with you.

Start a social media campaign to create awareness around using less plastic and why plastic breaks down & enters the water system and food chain and causes cancer.

Write to companies whose packaging is non-recyclable asking them to use less destructive material.