PLASTIC BOTTLES & WATER FILTER CUPS
Replace plastic cups at your water filter with a tray of washable glass cups or install a BYO drink bottle system at your club. Discourage the use of plastic bottles by not selling any at your bar or vending machine.

PAPER/PLASTIC PLATES & CUTLERY FOR BBQ’S
Buy and store washable crockery and cutlery for reuse. Whenever you are hosting, ask people to bring crockery rather than offering disposables.

TAKEAWAY COFFEE CUPS
Encourage reusable ‘keep’ cups - to incentivise offer a discount for their use (it saves the club money on disposable packaging).

STRAWS
They are cute, but unless you are taking selfies on the beach in the Bahamas you usually don't need them. If you have to have straws, look for reusable options like stainless steel.

SOFT PLASTIC (E.G. GLAD WRAP)
If you haven't already heard of beeswax wraps then you should look into it now. Not only do they smell nice, but they are the perfect alternative to using glad wrap in the kitchen. They are made from cotton, keep food fresh, are simple to clean, and can be washed and re-used for up to 12 months.

UNIFORMS
Instead of throwing items away just because the kids have outgrown them, encourage parents to ask around in the younger groups - someone might be happy to get their hands on a pre-loved item. Facilitate hand-me-downs through organising events post- or pre-season for parents to find their kids new gear (or themselves).

IF YOU CAN’T GET AROUND IT, PURCHASE SUSTAINABLY
Where you can’t avoid purchasing new products, pay attention to how these are produced and disposed of to keep your impact as low as possible.

- NAPKINS AND PAPER TOWELS FOR THE BATHROOM
Purchase recycled or sustainably forested materials. If you have a commercial compost collection, these materials can likely be composted so make sure to collect them separately from non-compostable material.

- DISPOSABLE PACKAGING (PLA OR NATURAL PACKAGING)
If there is no option of purchasing reusable cutlery and crockery, consider sustainable packaging options. Whether or not these products end up being composted (see our info page on sustainable packaging disposal) there is a good case for having already reaped the pre-life benefits of your consumer decision. ‘Pre-life benefits’ refers to the fact that the raw materials used in the making of your product are renewable, sustainably managed and emit fewer carbon emissions in their production - this is in contrast to oil products.

If you are considering using a PLA or natural packaging product, try to ensure that the product is made from a verified company that uses sustainably sourced and farmed materials (please see our info page on verified suppliers).