



PLASTIC ACTION

A SUSTAINABILITY PARTNERSHIPS TOOLKIT.



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The climate crisis can sometimes seem overwhelming. It can be hard to know where to start, or what will make a difference.

Plastic is a great way to get people involved - everyone uses plastic a lot of the time, and it's surprisingly easy to start reducing it.

1. Use a refillable water bottle.

You'll save lots of money and stop plastic bottles harming wildlife by ending up in our rivers and oceans. Tap water in the UK is safe to drink. Get a charcoal filter to purify your water if you don't like the taste of tap water.

2. Carry a bag in your bag.

Put a folded up carrier bag (a plastic one from a previous shop, or a cotton one) in your car, bag or rucksack. Get into the habit of putting the bag back after every use. You could pop a note by the door 'Where's your shopping bag?' for the first couple of weeks while you get into the habit.

3. Use a reusable coffee cup.

Coffee cups are hard to recycle as paper is bonded to plastic and it ends up in landfill. Here's a guide to some of the best reusable ones. Many coffee shops offer a discount when you use a reusable cup, handy.

4. Avoid plastics in clothes.

The majority of our clothes are made from plastics. Luckily there are lots of options to look good, grab a bargain and look after the planet.

5. Grow herbs and salads on your window sill.

Cut back on plastic wrapping by growing a couple of things at home. Summer is perfect for this. All you need is an old ice cream tub or yoghurt pot, a bit of soil, some seeds and you'll have plastic free lunch before the summer is out.

6. Be kind to yourself.

Change is a journey and there'll be times when it's easier to do these things than others. So don't give yourself a hard time if you forget your water bottle or end up having to buy a shopping bag. Life is busy! Do ask yourself how you can make sure to bring one next time, and change your routine so it's easier to remember next time.

7. Talk to your friends and colleagues.

If you're trying new ways to reduce your plastic use, tell people. It'll help you stick to your new thing, and you may even inspire others to do the same.

When people start actively reducing their plastic, and see the impact. This leads to further engagement in sustainable behaviour change.

Use a pledging tool like www.wearedonation.com to track progress and see your environmental impact over time.





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