



## Earth Day 2024 – Planet vs Plastic

### How can I reduce my plastic use?

Have a look around your home and see where you can make any of these changes to improve your carbon footprint (it may also save you money)



#### Drinks:

1 million plastics bottles are purchased **every minute** worldwide  
2.5 billion coffee cups are thrown away **every day**



Bring a reusable cup to work. You can receive a discounts on hot drinks in many locations, including 10p off at Priory House, Chicksands  
*\*10.3kg of CO<sub>2</sub> could be saved by using a reusable cup over its average lifetime – [41 uses](#)*

Take a refillable water bottle wherever you go – stop buying water in plastic bottles



If you don't like the taste of tap water, use a water filter with refillable, eco-friendly filters

Take the Earthday Plastic Detox challenge and join the EARTHDAY.ORG  
[#PlasticDetox](#) community!

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## Food

Food and drink packaging accounts for 83% of household waste and only 44% is recycled



Use fresh ingredients and cook from scratch

Choose food with the least packaging or non-plastic packaging



Take lunch with you – it's cheaper and better for the planet.

Take reusable cutlery with you



Switch to reusable food wraps

Remember your bag for life when you go shopping

*\*60% less CO<sub>2</sub> after 10 uses compared to single-use bags*



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## Clothes

The fashion industry produces 100 billion garments per year and 87% (40 million tonnes) ends up in landfill or incinerators



Fast fashion – reduce the amount of clothes you buy

Look for clothes made from natural materials like wool and cotton



Buy preloved clothes from charity shops or online marketplaces like Vinted and Facebook

## Soap



Try bars of soap instead of liquid

If you prefer liquid soap – use refillable bottles



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## Cleaning Products

468 million spray bottles from cleaning products are thrown away in the UK each year.



Choose refillable cleaning products

Swap the plastic brush for a wooden one



Washable dishcloths made of natural fibres can be reused up to 200 times and composted afterwards

*\*cheaper, greener and also a great alternative to paper kitchen towel*

Sponges and scourers made of natural fibres can be reused for months and composted afterwards



## Laundry

Clothes shed plastic microfibers while they are washed. A single wash can release several million microfibers.



Wash less often and wash full loads to reduce friction and less shedding

Replace plastic bottles of liquid detergents and fabric conditioners with alternatives like dry sheets or concentrated tabs with no plastic packaging



Change to refillable, reusable items and/or plastic-free packaging

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## Toiletries

520 million shampoo bottles are thrown away in the UK every year



Choose solid bars of shampoo and conditioner

If you prefer liquid hair products, use refillable bottles



Use refillable or plastic-packaging free deodorant



## Menstrual Products

On average women and people who menstruate use 11,000 disposable menstrual products in their lifetime, these products are made up of 90% plastic



Reusable, washable period pants and pads are plastic free and can save hundreds of pounds

Choose reusable alternatives like a menstrual cup which can last for 10 years



Choose plastic free disposables

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## Make-Up

The personal care and beauty industry produces more than 120 billion units of packaging every year globally—most of which are not truly recyclable



Swap to make-up with plastic free packaging



Choose make-up with refillable inserts



Take your old make-up packaging to recycling bins in Tesco, Superdrug, Sainsburys and Boots

Use plastic free make up brushes



Washable make up remover pads instead of cotton pads or wet wipes – last for years and contain no plastics

Choose plastic free face cleansers



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## Babies

3 billion disposable nappies are thrown away each year. Each nappy is approximately 25% plastic and takes up to 500 years to decompose.



Reusable nappies can be washed and used up to 225 times and save hundreds of pounds

Choose washable, reusable baby wipes and cleansing solutions



Change to plastic free baby wipes

## Medicines



Take your pills blister packs to Superdrug and Boots for recycling

Return your inhalers to pharmacies for recycling



Safely teach children to swallow pills to replace plastic bottles and syringes (to ensure this is done safely, please consult your health professional for advice beforehand)

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