

# REDUCING PLASTIC WASTE

## PLASTIC FREE PICKERING

🌊 SURFERS AGAINST SEWAGE

### TIPS TO REDUCE PLASTIC USE

Everyone can help reduce the amount of single use plastic we use. If we all make a few changes we can have a massive collective impact. **Here are a few ideas :**

#### Coffee cups and drinks bottles

Carry a reusable coffee cup and water bottle when you're out and about. Many cafes offer a discount for using your own cup. Look out for Refill stickers in café and shop windows where you are welcome to top up your water bottle.

#### Fruit and veg

Buy your fruit and veg loose at markets, supermarkets, farm shops or greengrocers and use paper bags

#### Re-fill shops

The Old Weigh in Pickering sells a wide range of foodstuffs loose or in paper bags. They also stock plastic free or re-usable alternatives to many of our day to day necessities.

#### Pet food

Buy your pet food in tins rather than the plastic pouches. Tins cost less too.

#### Cling film and food storage

Beeswax cotton covers are a good alternative to cling film. Re-use takeaway containers and jam jars for storing food and re-use bread bags.

#### Toiletries

Replace with plastic free alternatives where possible such as soap, shampoo and moisturising bars, toothpaste granules, bamboo toothbrushes. Re-usable cotton make up wipes are easily washed and last years.

#### Bags

Take a spare shopping bag or a Morsbag with you when out and about.

#### Clothes

Buy clothes made from natural materials such as cotton, hemp and bamboo rather than polyester or nylon which break down into micro plastics and stays in the environment for hundreds of years. Buy second hand where you can.

### BE AWARE

Single-use plastic is everywhere, often given without us asking—so stay mindful. Ask yourself: "Do I need this packaging?" or "Can I skip another bag?" Support shops reducing plastic use. Where alternatives aren't available (e.g. milk), choose larger sizes to cut down on plastic.



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