

## Ways to Reduce Your Use of Plastic



Every item of plastic that has ever been created is still with us on the planet today. Plastic is polluting our environment, and by the year 2050, scientists believe that there will be more plastic than fish in the ocean. Plastic designed to be used once then thrown away is a big part of this pollution problem. We need to stop using single-use plastic wherever that is possible. Here are some ways do that:

**Refuse** what you do not need  
**Reduce** what you do need  
**Reuse** by using reusables  
**Recycle** what you cannot refuse, reduce, or reuse

- Bring your own bag to the shops
- Drink tap water and carry it in your own bottle
- Don't buy body scrubs - those tiny beads are usually made of plastic
- Choose fruit and vegetables that are not wrapped in plastic
- Use matches instead of 'disposable' lighters or use a re-fillable one
- Don't use 'single-use' plates, knives, forks etc. Wash up after you eat.
- Wherever you can, choose liquid products that can be re-filled rather than bought new.
- Refuse plastic straws in your drinks
- If you can't find an alternative to single-use plastic, make sure you recycle it
- Don't celebrate with balloon releases. The chances are the balloons will land in the ocean, choking seabirds, turtles and marine mammals
- Use crystal deodorants – they last far longer, are more effective and some even come with no plastic packaging at all

- Use good old-fashioned soap – it works as well as liquid soap and lasts longer
- Buy butter wrapped in paper instead of in a plastic tub