

LIVING WITH LESS PLASTIC

- and feeling happier!

Yes, we all know plastic is wrecking the marine environment – but what can we do? We use proper shopping bags now, but everything we buy is in plastic!

Here are a few practical ideas:

- Save plastic wrapping from magazines etc., clip onto one side of your waste bin, for unrecyclable waste.
Or buy (6p each) **the compostable caddy liners** from the **Co-op** – look for the HOME Compostable label.
- Opt for **loose fruit and veg**. Use small **cotton bags** to take produce to the check-out. Or keep re-using the small plastic bags provided. Or ask staff for paper bags.
- Make your own **yoghurt** in jam-jars – incredibly easy, just go on the web to find recipes.
- Go back to **bars of soap** – no more ‘handwash’ in plastic containers. At ‘LUSH’ in Lancaster you can buy bars of shampoo and conditioner too. For laundry liquids, take your empty containers for re-filling at ‘Single Step’, Lancaster.
- Get your **milk** delivered in returnable glass bottles – we have that privilege in Silverdale!
- **Coffee** while you’re travelling? Oxfam sell lidded cups made from bamboo. And Starbucks and Costa Coffee will take 25p off the price of coffee in your cup!

- **Bottled water?** Don’t buy it. Have a refillable container; all food and drink outlets should fill it for free.
- Real **butter**. OK, it doesn’t spread straight from the fridge. So, keep a small amount in a butter-dish, in a cupboard at room temperature. It’s fine. (The vegetable-based spreads are in plastic tubs, and aren’t as healthy as they make out.)
- Buying **cheese or cold meats**: ask for them to be wrapped in grease-proof paper, or ‘Glassine’ bags (waxed paper, Booths use them). **Fresh meat, or fish** – take your own container.
- Drinking straws (questionably biodegradable now available), cotton buds (Johnsons now do ones with paper stalks) – but do we really need them?
- Take care how you launder garments made from plastic, such as ‘fleeces’. They are responsible for the billions of **micro-fibres** in the oceans – and even in bottled water! Gently hand-wash? Choose clothing made from natural fibres.

***NB** China has announced it will no longer accept our plastic waste for burning or land-fill. Silverdale Sustainability Group are trying to find out from Lancashire County Council what their strategy is for dealing with our plastic waste. LCC’s website is well worth looking at – find Recycle for Lancashire, and then ‘plastics’.*

There are no international standards to back up claims of items being biodegradable. Do look at the website: Treading My Own Path and click on ‘biodegradable plastics’. You’ll find all you need to know about standards and ‘kitemarks’.