

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 - many places like the Silverdale Hotel now provide them made from paper and card. For home/invalid use there are stainless steel ones.
- 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.

Lancashire County Council manage all the recycling collections carried out by district councils. They stipulate only BOTTLES for plastic recycling because the plant at Leyland can only recycle a restricted range of plastic. LCC say they hope to expand the operation, but the best thing for us to do is reduce our USE of plastic. Do look at their website – Recycle for Lancashire, then ‘Plastics’.

There are some **international standards** to back up claims of items being biodegradable. You can see the Kite-marks in the pleats at the sides of the Co-op’s non-plastic caddy-liners. For more details, contact **Silverdale Sustainability Group** on **01524 701020**