

# Top tips to reduce your plastic use

wildlife  
watch



## In the bathroom



Swap your plastic toothbrush for a bamboo one.



Get rid of your exfoliating shower puffs and bottled shower gel. Use unpackaged bars of soap instead. You can also get solid shampoo and conditioner.



Check your cleaning products don't contain microbeads – avoid things containing polyethylene and polypropylene.



## In the kitchen



Say no to cling film and use reusable Tupperware or beeswax wraps instead.

Kitchen sponges are made of plastic. Switch to a biodegradable option.



Make your own! Biscuits and other snacks usually come in throwaway plastic packaging.



Did you know clothes release microfibres when washed that go down the drain? Use shorter wash cycles or purpose-made microfibre-catching laundry bags.

Many teabags use plastics to seal the bags. Go for brands that are plastic-free or try loose-leaf!



## Out and about



Do a little forward planning. Carry your own coffee cup, shopping bags and refillable water bottle. Go a step further by carrying your own cutlery, straws and food.



Food shopping? Choose loose produce over packaged and only buy what you need. Local greengrocers, community allotments or farmers' markets are often plastic free.



Having a take-away? When you're ordering over the phone ask to skip the cutlery or sauce sachets.