

# Plastic Healthcheck

*How do you score?*

## AVOID PLASTIC



- Reusable shopping bag rather than carrier bag
- Reusable drinks bottle
- Reusable coffee cup (or drink-in!)
- Reusable tubs with lids instead of clingfilm
- Reusable razor instead of disposables
- Beeswax wraps instead of clingfilm
- Loose fruit and veg instead of packaged
- Reusable cloth bags instead of plastic bags for buying fruit and veg
- Real cutlery instead of disposable party cutlery (or wooden cutlery to compost)
- Reusable wipes instead of wet wipes in a packet
- Cute cloth nappies instead of disposables
- Metal or toughened glass cleanable straw rather than plastic (or say no!)
- Bulk cook and freeze food in tubs rather than ready meal trays

## RECYCLE



- I recycle kitchen plastic bottles, pots, tubs and trays
- I recycle bathroom plastics too
- I rinse and dry messy plastics for recycling as well
- I save plastic film for recycling at the Recycling Centre
- I save hard plastics like toys for recycling at the Recycling Centre

## FIGHT LITTER



- I don't drop litter
- I pick up litter when I see it
- I always carry a bag when I'm out walking in case I see litter
- I attended a community litter pick in my area
- I organised a group litter pick in my community

## SPREAD THE WORD



- I've told my friends, family and colleagues
- I've written to my supermarket, staff canteen, or restaurant to say I'm unhappy with the options available