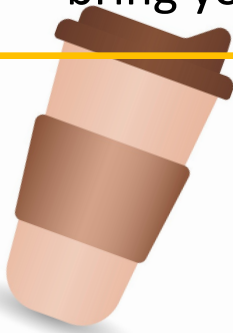


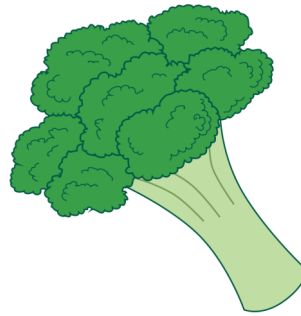
# 10 easy plastic swaps



**2.** Don't leave home without a reusable water bottle and coffee mug. Some coffee places even give you a discount if you bring your own mug.



**1.** Buy loose fruit and veg – lots of it comes in its own packaging anyway.



**3.** Swap wet wipes for cloths – pop them in the wash when they get dirty.



**4.** Invest in a metal, bamboo or glass straw which can be washed and used again - or don't bother with a straw at all!



**5.** Ditch plastic in the bathroom – soap, shampoo and conditioner comes in solid bars with little or no packaging and you could swap your plastic toothbrush for a bamboo one.

**6.** Join the refill revolution. Refill your washing up liquid, toilet cleaner, laundry liquid and lots more at refill stations across the county.

**7.** Take your reusable carrier bag everywhere. You'll save plastic and pennies (reuse all those plastic ones you've hidden in the cupboard first though).



**8.**

Relax with a cup of loose leaf tea – lots of tea bags contain a thin layer of plastic.

**9.** Reduce your baby's carbon footprint by trying reusable nappies and cloth wipes instead of disposables.



**10.**

Get rid of glitter. Glitter is tiny pieces of plastic which can end up being washed down the drain into our rivers. Birthday and Christmas cards with glitter can't be recycled either.

