

A PLASTIC PLANET

TOP TIPS!

<http://aplasticplanet.com>

BANISH CLING FILM FROM YOUR HOME and STOP BUYING BAGS FOR LIFE

is not recyclable in any way. Use Beeswrap; foil, greaseproof paper with rubber bands - anything but cling film. It is also one of the most potentially toxic of plastics and we really shouldn't be wrapping our food in it.

And a bag for life actually means 10 lives. We would need to use one for at least 600 years. In Kenya having a plastic bag is now a 4 year prison sentence

NEVER COOK or FREZE IN PLASTIC

Always decant ready meals into a metal or glass container before heating. Health scientists already know enough about the affects of chemicals in plastic seeping into our food to concern all of us. BPA, phthalates - these are the chemicals in plastic that mimic hormones and are proven endocrine disruptors. Why would we take the risk?

Champion products that has gone or is PLASTIC FREE

One day we hope Plastic Free option will be possible for all our favourite food products , Let's make that happen quicker by asking for it now. #peoplepower and #purse power

CHOOSE ALUMINIUM CANS OVER PLASTIC BOTTLES

One plastic bottle will never become another bottle as plastic is always down-cycled. Cans however are infinitely recycled without losing quality. In Europe 90% of all cans are recycled and over 70% of every can is already using recycled Aluminium. And of course glass is always good.

PLASTIC NOT-SO-TRIVIA: We currently produce 1 million plastic bottles a minute. If you laid just the 460bn bottles produced in 2016 end to end, it would reach half way to the sun. By 2025 our production will be over half a trillion bottles a year. Where do we think all this indestructible plastic is going to go?

BUY A BAMBOO TOOTHBRUSH use plastic free toothpaste

Such a simple switch, but if we all did this, imagine the impact. Toothbrushes are one of the most common pollutants for beach cleanups worldwide.

use shampoo bars and soap look on the back of personal care products it needs to be free of polyethylene, polypropylene or nylon.