

## Suggestions for how to reduce plastic



### **Hopefully some practical tips**

Buy milk in glass from our very reliable Tony from Milk and More, even if you just wish to have a pint a week.

Stop buying sparkling water in plastic bottles. Soda streams are back in vogue, if you prefer sparkling water, or buy in glass.

### **Food Shopping and general shopping**

Vegetables from Witney market are excellent quality and I would suggest 80% are with out plastic.

The market stall on Saturdays is available from around 7.45, am, also the veg stall is there on Thursdays.

Also Kidlington market on Fridays and Saturdays.

All markets use paper bags, and they will happily use your bag for life to carry home any vegetables and or fruit.

Avoid the plastic veg products in the supermarkets.

Take your own paper bags into supermarkets and use them to buy items that are loose.

Some supermarkets are selling paper bags, or just recycle ones from any purchases from the market.

Also deli counters and the fish counters are usually fine about putting cheese and fish into your own "Tupperware " boxes.

If you buy yogurt buy the largest pots, rather than smaller pots.

Cook more from scratch, and batch cooking, so that you buy less ready meals.

Also by baking your own biscuits, you can reduce use of palm oil, as palm oil is present in many commercial biscuits.

Buying drinking squash that is not in plastic bottles is a struggle; a company called Rock sells in glass (Waitrose).

With loo rolls buy the largest pack in the supermarket. On line there is a company called ecoleaf, the loo rolls are made in the UK, from recycled paper, and the plastic cover is biodegradable.

Dog food – Harringtons, which is in compostable packaging, but there are more brands that are using compostable packaging.

Butchers

Bakers Butchers – 7 Market Square, Witney.

They are very willing and supportive to help people, who wish to use less plastic. They will put meat into your own “Tupperware “ boxes.

I am sure there are more independent shops including community shops willing to assist, than the ones just mentioned above.

### Cleaning etc

Try using washing powder, and dishwashing powder.

Sainsbury’s and Waitrose sell dishwashing powder (same price, highest consumer reviews go to Waitrose).

Also Ecover powder– Laundry bleach

Bio tex stain removing powder

Use a “guppyfriend Washing bag, to stop micro waste, from man made fabrics entering into rivers.

E cloths, can be reuse, for washing up, and for general cleaning.

Also wooden pot scrubbers are available from some supermarkets.

Consider buying 5 lts of loo cleaner, washing up liquid, shampoo etc from Faith in nature <http://www.faithinnature.co.uk>

Then put them into reusable smaller bottles.

They also produce facial wipes, that are 100% biodegradable.

There is a company called Splosh, that offers a refilling scheme for a number of household cleaning products. The company supplies concentrates of cleaning products, via the post, which fits through letterboxes, you then add water and reuse the same bottle. <https://www.splosh.com/how-it-works>

Two billion disposable razors are thrown away in the US. So consider switching to a razor, where just the blades are just changed.

### Daily life

Take your lunch to work, in a reusable container, and carry around a reusable water bottle.

Store left over items in the fridge, either in glass jars or Tupperware boxes.

Also consider buying beeswax food wraps.

### Junk Mail

Suggest that due to GDPR, there will be less mailshots/catalogues that you will be receiving.

Anything that is wrapped in plastic, email the company and ask them to stop sending you the catalogue.

### Social Media

Where you see companies being more environmentally friendly, try to mention them on social media, and to your friends.

### Girly things

It’s a real struggle to find body lotion, and make up that is in glass bottles.

Lush does supply “solid hair conditioner, and shampoo” and have just opened a plastic free shop in Liverpool, as a trial.

Cosmetics are a struggle, as most are in plastic containers there is a company called “ordinary “ that produces a number of products in glass.

### **Clothes**

Consider buying few clothes, and try to buy natural materials.

Buy from charity shops and used clothing from ebay.

Any unwanted items either put on ebay or Freecycle.

### **Gardening**

There is so much plastic in the horticulture business.

Consider not buying flowers from the supermarket as a large proportion are wrapped in plastic.

Nicholson’s nursery takes back plastic pots to reuse if you buy plants from them.

Reuse plastic pots, for seeds.

Or use a pot maker that uses old newspapers.

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### **Adhoc**

Cotswold Carpets supply underlay that is made of left over wool; it’s the same price as manmade underlay.

Also 100% wool carpets have come down in price, so there is less of a need to use man made fabrics.

Consider buying rechargeable batteries.

A book that might be worth a read is “How to give up plastic “ by Will McCallum