

Shamley Green Environment Group

Further to last Month's article on the Plastics Survey, below is advice on what WE can do

What about us?

Some members of the Shamley Green Environment Group took part in this survey and we were surprised by the amount of plastic we threw away. We all want to try and use less plastic. We agreed recycling plastic may make us feel better but it is not the solution.

!0 things we can all do to help cut our use of plastic and be more effective recyclers

- Identify products which can be bought loose or refilled and DO IT !!
- Take our own bags when we shop for loose fruit and vegetables
- Take our own containers with us - shops nowadays are usually happy to put meat, fish, bakery and other items in your own containers
- Look at a few of the worst offenders we buy and write to the suppliers asking them about their plans to change to non-plastic packaging
- Rule out buying products in Tetra Pak or similar laminated packaging or other composite materials which seldom get recycled properly
- Try switching to tins or jars instead of plastic (ketchup etc)
- Be sure to recycle properly – remove lids from glass bottles and jars, keep lids on plastic bottles, do not put polystyrene or black plastic or plastic bags in the recycling. Make sure our containers and trays are clean and free from grease
- Dispose of soft plastic separately, not in our recycling bins
- Try and find and support inventive packaging solutions, such as seaweed
- Put any great ideas on our website shamleygreenenvironment.co.uk

