

LIVING WITHOUT SINGLE-USE PLASTIC



In 2016, an estimated 53 billion pre-production plastic pellets leaked into the UK environment. Globally, up to 230,000 tonnes of pellets are lost which is equivalent to 15 billion plastic bottles*

With plastic pollution still flowing into our seas we know more of us must refuse, reduce, reuse, repurpose, recycle.

*FIDRA

Welcome to a new way of living – without single-use plastic

At the Marine Conservation Society we want to see a world where plastics don't end up in the ocean and on our beaches.

To achieve it we must reduce our addiction to single-use plastic. But it's tough because we use this versatile product for just about everything from wrapping food to cleaning our teeth. Its durability means it lasts for hundreds, possibly thousands of years, in the ocean, with a devastating impact on our amazing marine life.

But it is possible to reduce our high dependency on single-use plastic with some simple lifestyle changes - and we've got some top tips to get you started. We hope you find them useful!



Dr. Laura Foster
Head of Clean Seas, MCS

Plastic-free personal care

- ▶ Plastic-free periods - tampons, pads and pantyliners all contain plastic, so give plastic-free brands a go or use a menstrual cup. You could also try reusable pads or period undies which can be washed and reused.
- ▶ Swap plastic packaged shower gels, shampoos and deodorants for bars. Use wooden combs and brushes and a bamboo toothbrush.
- ▶ Make your own plastic-free toothpowder, mouthwash and deodorant or visit your local plastic-free shop.

Plastic-free kitchen

- ▶ Coffee pods are generally not recyclable – so, go old school with a paper filter, but if you're not prepared to ditch the pods look out for compostable ones compatible with certain machines.
- ▶ Get your milk delivered in glass bottles – they're used again and again.
- ▶ Find your nearest zero waste shop and fill up your own containers with rice, pasta, porridge, nuts, pulses, household detergents and cleaning supplies.



Plastic bags recorded on UK beaches have reduced by 61% since the charge was introduced in 2011. Together we are making a difference



Plastic stemmed cotton buds are banned in Scotland. In England straws, stirrers and cotton buds will be banned from October 2020 and Wales will consult on proposals for 2021. All thanks in no small part to data from our **Great British Beach Clean.**

Plastic-free family

- › Swap disposable nappies for nappy systems which are washable, reusable, have non-toxic inner and outers such as bamboo and hemp or look out for plastic-free brands.
- › Swap your toddler's plastic food pouches for glass jars or blend your own meals.
- › Avoid plastic toys, especially the very cheap ones which break after one use.
- › Make natural cat litter using shredded paper.
- › In the garden use rubber seed trays instead of plastic or make wooden ones.
- › Swap plastic twine for a natural alternative.



Crunch time Make your own crisps

1. Boil thinly sliced potatoes for 3-5 mins
2. Drain and combine with sunflower or olive oil
3. Scatter with salt and pepper and either garlic powder or dried herbs
4. Place on a greased baking tray
5. Bake at 230°C for around 15mins until golden

Plastic-free feeling good

- › Plastic free make-up brands are growing – an internet search will be a real eye (liner) opener.
- › Make your own mascara using charcoal, beeswax, grated soap and coconut oil.
- › Stop using make-up wipes that contain plastic and NEVER flush them down the loo.
- › Choose clothes made from as near 100% natural material as possible.
- › Avoid clothing made from woven polyester like fleeces – they're big shedders of microfibres which are tiny threads of plastic which end up in the ocean.
- › Don't buy cheap fashion – it won't last and will become waste material in a short time.



A single wash can release over 700,000 microfibres into wastewater, and then into the ocean. This is why we want to see washing machines fitted with filters by 2022.

Live single-use plastic free with the Marine Conservation Society.

These products are not only good for our seas, but proceeds also go towards our work.



Chilly's steel re-usable bottles



Bamboo toothbrush



Tote bag



Organic cotton campaign t-shirt



Bees Wrap® sandwich wrap



Jute bag

Get these and more at www.mcsuk.org/shop



plastic challenge

Set your own #PlasticChallenge this July

1st – 31st July



Join **thousands of people** who want to make a change and reduce the amount of plastic pollution reaching our ocean.

Sign up on our website for help, suggestions and free resources in July

mcsuk.org/plasticchallenge





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