

TONY'S TIPS



"THE PROBLEM WITH PLASTIC IS THE WASTE"

ISSUE **#3**

We are not disposing of it properly and it is getting everywhere: in our streets, parks, waterways, countryside and beaches; from the bottom of our oceans to the top of Mt Everest; inside animals, in the air, in rain and in our bodies. A big part of this problem comes from food packaging and drinks containers, as we like to eat and drink on the go, but we don't like to dispose of the waste. **WHY NOT?? THERE'S A LOT OF PLASTIC WE CAN DO WITHOUT. MOST OF THE REST CAN BE RECYCLED!! HERE ARE TONY'S TOP TIPS:**

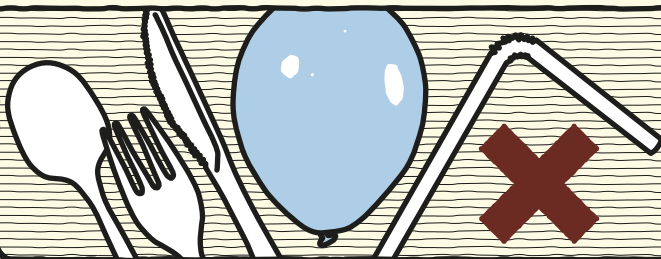
TAKE THE PLASTIC OUT OF SHOPPING

"Take a reusable bag with you. Cut down on frozen food. Buy more fresh, loose fruit and veg, fresh bread in paper bags. Shop at markets and independent stores. Shop at No Waste shops (bring your own containers to fill). Ditch plastic in the bathroom - use toothpaste in a jar, soap bars, shampoo bars, shaving soap bars."



PARTY WITHOUT PLASTIC!

"No straws, glitter, single-use plates or cutlery. Fly paper or cloth flags instead of balloons -- they are a major source of pollution, they get stuck in trees, pollute waterways and harm animals and fish."



EATING ON THE GO?

"When you're out and about, avoid plastic. Bring your own reusable cup or thermos for coffee and your own bottle of tap water -- it's free to refill! Enfield has no recycling bins in parks or streets so **PLEASE** take home any packaging and recycle properly in your household waste. Why? Because if it goes in the bin, it gets incinerated and that pollutes the air we breathe and produces carbon emissions."



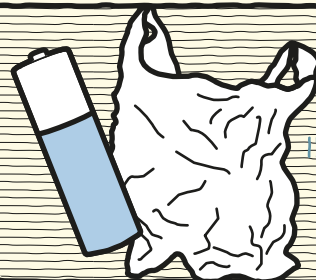
BLUE BIN RECYCLING



"Put in the blue bin as much of your recyclable plastic as you can (see Tony's Tips #2). And don't forget to wash it. Most drinks containers are **RECYCLABLE** type 1 PET or PETE (real name polyethylene terephthalate). **RECYCLE THEM!!**"

SPECIALIST RECYCLING

"Some plastic can't be put in the blue bin, but **CAN** still be recycled. Supermarkets recycle plastic carrier bags, bread bags and other soft plastic packaging, batteries, inkjet cartridges, some light bulbs, water filters. Boots in Enfield Town recycles cosmetics containers. Plant pots that you can't reuse are taken back by some garden centres e.g. Clockhouse in Forty Hill. For advanced recyclers, lots of other plastics can be recycled with Terracycle - crisp packets, cheese wrappers, toothbrushes, sweet packets, and many more -- find out where at <https://www.terracycle.com/en-GB/brigades>"

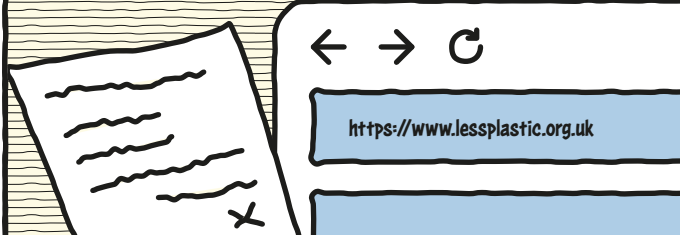


JOIN A LITTER PICK



"Give an hour of your time a month and help others in your community clean up local parks and streets. Listing coming soon on <https://www.encaf.org>"

SIGN UP TO A CAMPAIGN



"There are now lots of campaigns about reducing plastic in our lives. How about www.lessplastic.org.uk? Or try www.plasticfreejuly.org and do the Pesky Plastics Quiz!"

Turn over for the facts and figures!

FACTS & FIGURES

THE PLASTIC PROBLEM:

It is said that there are now more than **300 BILLION TONNES** of plastic on our planet and that it will last for hundreds of years. Some degrades into microparticles, which are everywhere in our environment. A university study estimates that each of us is consuming **250 GRAMS OF MICROPARTICLES PER YEAR**, that is about one heaped teaspoon each week!

<https://www.newcastle.edu.au/newsroom/featured/plastic-ingestion-by-people-could-be-equating-to-a-credit-card-a-week> ;

<https://www.lessplastic.org.uk/9-reasons-refuse-single-use-plastic/>

GOVERNMENT PLANS:

The Government is planning to introduce a **DEPOSIT RETURN SCHEME** for plastic, glass and metal drinks containers. This will add a deposit amount to each container, **ABOUT 20P**, which you'll get back when you return the container for recycling. They're also planning to make producers of goods responsible for the costs of collecting and disposing of their packaging. This is to get them to use less packaging and make more of it recyclable. A pity that these schemes aren't likely to start before **2023!**

<https://www.gov.uk/government/consultations/introduction-of-a-deposit-return-scheme-in-england-wales-and-northern-ireland> ;

<https://consult.defra.gov.uk/extended-producer-responsibility/extended-producer-responsibility-for-packaging/>

NO-PLASTIC SHOPPING:

There are lots of websites with useful information on no-plastic shopping, for example:

<https://www.theresident.co.uk/lifestyle-london/zero-waste-shops-in-london-north-south-east-west/> ;

<https://simplyecostore.com/blogs/news/how-to-shop-without-plastic-packaging>

Shampoo bars:

<https://www.independent.co.uk/extras/indybest/fashion-beauty/hair/best-shampoo-bars-b1819177.html>

Toothpaste without plastic: <https://naturalr.co.uk/best-plastic-free-toothpaste-uk/>

EATING ON THE GO:

Re-usable cups: <https://circularandco.com/shop/reusables/circular-reusable-coffee-cup>

Find water refill locations at www.refill.org.uk

