

**PLASTIC FREE**

**LETCHEWORTH GARDEN CITY**

**SURFERS AGAINST SEWAGE**

**During her lifetime, the average woman will dispose of 11,000 single-use menstrual products and spend £5,000 buying them**

What's more, the majority of these products contain plastic and therefore contribute to the environmental damage caused by single-use plastics.

**However, there are alternatives that are easy to use and highly effective, helping you to reduce your impact on the environment and save money.**



### **Reusable menstrual cup**

- Made from medical grade silicone
- Can stay in place for up to 12 hours
- Lasts for several years



### **Cloth sanitary towels**

- Work exactly like disposable towels
- Simply rinse and wash after use
- Lasts for several years

**If you are not quite ready for re-useable menstrual products, you can offer plastic free disposable sanitary towels and tampons**

To find out more online, type in the search term 'Plastic Free Periods'.

Join the journey towards a Plastic Free Letchworth

