

Plastic Free Letchworth

Much of the plastic produced in the last 100 years still exists somewhere today.

Half of all plastic produced is for single-use purposes, including bottles, packaging, cups, straws, bags and plastic cutlery. These items, designed to be used for minutes, will still be on our planet in hundreds of years.



Seven Tips for Using Less Plastic



1. Bring your own shopping bag
....and save the 5p single use shopping bag charge.



2. Carry a reusable water bottle
Look out for the 'Refill, Reuse' sticker in local cafes, check the water refill app (refill.org.uk/get-the-refill-app/) or just ask.



3. Bring your own drinks cup
....cafes are beginning to offer discounts for people bringing reusable cups, so you may save money!

4. Pack a 'Plastic-Free' lunch
Avoid takeaways in single-use plastic. Take your own lunch using reusable sandwich bags, beeswax food wraps or reusable containers.

5. Say NO to plastic straws and cutlery
If you need a straw consider taking your own reusable stainless steel or bamboo straw. Take a set of metal, wooden or bamboo cutlery with you to use when out and about.

6. Avoid plastic produce bags when shopping
Visit smaller local shops who don't use plastic bags and wrappings. In supermarkets try to avoid items covered in non-recyclable plastics (e.g. crisp bags, biscuit wrappings). Take your own paper or mesh bags with you for fruit and vegetables.



7. Avoid plastic in the kitchen.
Cover food with a small plate or beeswax wrap, or store it in a re-usable container to avoid clingfilm and plastic bags.

Join the journey towards a Plastic Free Letchworth

