

Check out these easy ways you can start reducing your waste in your everyday life. Here are 10 ways to reduce your plastic waste:

1. Stop using plastic straws, even in restaurants. If you must use a straw, purchase a reusable stainless steel straw or buy a glass straw.
2. Use a reusable shopping bag. A single plastic bag can take 1000 years to break down.
3. Give up chewing gum. Chewing gum is made of a synthetic rubber, similar to plastic.
4. Buy boxes instead of bottles. Often, products like laundry detergent come in cardboard, which is more easily recycled than plastic.
5. Reuse containers for storing leftovers.
6. Use a reusable bottle or mug for your beverages, even when ordering from a coffee shop.
7. Avoid buying frozen foods because their packaging is mostly plastic. Even those that appear to be cardboard are coated in a thin layer of plastic. You'll also be eating fewer processed foods.
8. Up to 8 million disposable nappies are thrown in away, in the UK, each day! Use cloth nappies to reduce waste and save money.
9. Make fresh squeezed juice or eat fruit instead of buying juice in plastic bottles. It's healthier and better for the environment.
10. Make your own cleaning products. This will reduce the need for plastic bottles. White vinegar is a good cleaning product.



Questions

What can take 1000 years to break down?

What can you store leftovers in?

What is made from synthetic rubber?

If you have a baby, how can you reduce waste and save money?

Which types of straws are better for the environment?

What is a good cleaning product?

Which 3 ways would you choose to help save the environment and why?