

World Oceans Day

Plastic Alternative Guide

“We don’t need a handful of people doing zero waste perfectly. We need millions of people doing it imperfectly.” Anne Marie Bonneau, The Zero Waste Chef

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Item

Impact

Alternatives

Plastic Razor Heads

These are single use and cannot be put into household recycling.

- Safety razors

Plastic Toothbrush

These toothbrushes are single use and cannot be recycled and will inevitably end up in landfill.

- Bamboo or wooden toothbrushes

Shiny Wrapping Paper

Most shiny wrapping paper is made out of plastic which cannot be recycled.

- Brown paper
- Fabric (the Japanese art of Furoshiki)

Plastic Stationery

Because of the various components, stationary is difficult to recycle and will inevitably end up in landfill.

- Highlighter pencils
- Dip/fountain pen & a bottle of ink

Menstrual Products

These are single use and cannot be recycled.

- Menstrual Cups
- Reusable Fabric Sanitary Pads

Tea bags

A lot of tea bags are sealed with Polypropylene (plastic).

- Loose Leaf tea
- Non-plastic tea bags

Single-use Coffee Cup

Due to the composition of the cups, these can only be put into specialist recycling.

- Thermal Flask

Top 6 Items Found on the Beach:

1. Cigarette butts
2. Food wrappers
3. Plastic bottles
4. Bottle caps
5. Plastic straws
6. Plastic bags



Ask yourself
‘Do I need this?
Is it necessary?
Are there any
better options?’

Fold this up and keep in your wallet!



Resin Identification Codes (type of plastic):

-  Polyethylene Terephthalate (PET) -
Eg. Plastic Bottles.
-  High Density Polyethylene (HDPE)
Eg. Milk containers, yoghurt pots.
-  Polyvinyl Chloride (PVC) -
Eg. Wire insulation, window fittings.
-  Low-Density Polyethylene (LDPE) -
Eg. Bread bags, carrier bags.
-  Polypropylene (PP) -
Eg. Plastic Straws, packing tape
-  Polystyrene (PS) -
Eg. Plastic forks, CD cases
-  Other
Eg. Shiny wrapping paper

Did you know?



This symbol does not mean that the product is recyclable. It means that the producer has financially contributed to the recycling of plastic packaging.

Spread the word about amazing eco-friendly products and changes you have made!



Why not try a seamstress or cobbler?

Taking up a new textiles related hobby may also enable you to salvage/revamp old clothing.

Portable Eco-kit

Reusable Straw + Cutlery + Shopping bag + Water bottle + Thermal Flask + Handkerchief in a Tupperware container!

Take the time to learn your what your local council accepts for recycling and look at:

TERRACYCLE
to recycle even more!