

ACTION ON PLASTIC

It is an enormous problem.

SUGGESTION: choose ONE IDEA and START

EXISTING PLASTIC RUBBISH

JOIN OR ORGANISE A BEACH CLEAN
or do a mini clean of your own.

THE MARINE CONSERVATION SOCIETY
www.mcsuk.org/get-active/beachcleans:

SURFERS AGAINST SEWAGE -
www.sas.org.uk/our-work/beach-cleans

REDUCE THE RATE AT WHICH RUBBISH IS INCREASING

GIVE UP SINGLE USE PLASTIC FOR A MONTH

Top tips:
www.mcsuk.org/plastic-challenge/challengers

GET MILK DELIVERED IN REUSABLE GLASS BOTTLES

By, for example, www.milkandmore.co.uk who will also bring bread, juice, eggs and more. As well as avoiding plastic bottles, deliveries are probably worth it if they avoid extra car trips to shops.

REDUCE YOUR USE OF DISPOSABLE COFFEE CUPS and *decline a plastic lid*

Or *get a stylish, reusable coffee cup*.
'Best buys'
<http://www.independent.co.uk/extras/indybest/food-drink/best-reusable-coffee-cup-mug-glass-with-lid-travel-a7510606.html>

REDUCE YOUR USE OF DISPOSABLE CUTLERY – carry your own.

REDUCE PLASTIC IN THE BATHROOM
<http://moralfibres.co.uk/how-to-minimise-your-use-of-plastic-in-the-bathroom/>

FOR THE STYLISH AND FEMALE
Ten easy tips
<http://moralfibres.co.uk/ten-easy-ways-to-reduce-plastic-waste/>

CUT DOWN ON MICRO PLASTICS



The Zero Symbol on cosmetics and personal care products tells you that they are 100% free of microplastics.

BEAT THE MICROBEAD CAMPAIGN has a list products with no microbeads in them:
<http://www.beatthemicrobead.org/product-lists>

119 manufacturers - including Weleda, Botanique and Neal's Yard Remedies - have promised to remove plastic microbeads.

TEA-BAGS.

Most tea bags contain polypropylene plastic to enable the bags to be sealed – which 'will break down into "teeny tiny pieces."' - which is exactly what we don't want
<http://thegreenshopper.co.uk>

Use loose leaf tea or use slightly more expensive brands which have plastic free bags eg Pukka Tea and Teapigs.
<http://moralfibres.co.uk/is-there-plastic-in-your-tea/>

RE-CYCLE PLASTIC ALREADY ACQUIRED

Find ways to increase recycling rates in your home, school or business at
www.recycle-more.co.uk

At <http://www.recyclenow.com> you can type in your postcode & find out about local recycling.

If you must purchase plastic, buy products made from **PLASTIC THAT HAS BEEN RECYCLED**
<http://www.recycledproducts.org.uk>

JOIN THE PLASTIC BANK – It enables the exchange of plastic for money, items or Blockchain secured digital tokens, and reveals the value in plastic. This empowers recycling ecosystems around the world and stops the flow of plastic into our oceans - all the while helping people living in poverty build better futures – <http://www.plasticbank.org> (there's a 12-minute TED film on this site.)

PUT PRESSURE ON DECISION MAKERS

<https://secure.greenpeace.org.uk/page/s/plastic-free-supermarkets>

JOIN THE BATTLE FOR A DEPOSIT RETURNS SYSTEM for plastic bottles

Surfers Against Sewage - message in a bottle www.sas.org.uk/messageinabottle/index.html#sign

SIGN PETITIONS to the companies most responsible for polluting our oceans – such as Coca Cola, Nestle, Pepsi www.polluting-plastic.com

SUPPORT A BAN ON BALLOON AND LANTERN RELEASES in your area. Balloons sold as “degradable” last months or even years. They can choke fish or birds at sea or on land. Councils are starting to ban the release of balloons and lanterns on their land.

WRITE TO COUNCILLORS OR GO TO COUNCIL MEETINGS. You have the right to speak for up to three minutes at the start of the meeting. (Tell the clerk that you wish to speak.) www.mcsuk.org/campaigns/dont-let-go

SPREAD AWARENESS OF SOLUTIONS

JOIN A GROUP

PUT LITERATURE ROUND – copy this one or get more professional looking leaflets and posters from organisations like **Friends of the Earth** and put them in waiting rooms etc

INVITE A SPEAKER from one of the organisations mentioned on this leaflet. Get a group of people together.

SHOW A FILM. There is a lot of good material such as:

1 ‘PLASTICIZED’ is a 48-minute documentary of a journey aboard the Sea Dragon with the *5 Gyres Institute*. This first scientific expedition focused on plastic waste in the centre of the South Atlantic Ocean. An eye-opening story about the institute's global mission to study the effects, reality, and scale of plastic pollution.

http://dailystarmovies.com/videomovies-PLASTICIZED---Feature-Documentary-Film_fdfcRW7sIrPI.html

USE OF THE FILM ‘PLASTICIZED’ FOR EDUCATION. Contact info@lutmanfilms.com

2 ‘A PLASTIC OCEAN’ - an adventure documentary shot on 20 locations over 4 years. Explorers and a team of scientists reveal the causes and consequences of plastic pollution and share solutions. www.plasticoceans.org

<https://www.youtube.com/watch?v=6zrn4-FfbXw> for a 2-min trailer

GIVE TO CAMPAIGNS AND THE EFFORTS OF OTHERS

All the above organisations need money. Many depend on donations and the support of volunteers. You could make a huge difference.

IT'S WORKING

It's now government policy to have drinking water refill points rolled out across the country by 2021 – and with more pressure it could be sooner. <http://www.bbc.co.uk/news/uk-england-42808302>

WE HAVE DONE THE BEST WE CAN on this paper. If you find a mistake, tell us – but **DON'T GIVE UP. DO SOMETHING BETTER.**

Finally

**CHOOSE ONE OR TWO
(EXTRA) IDEAS AND START**