



# Ideas for reducing plastic use

**TEXTILES:** Many clothes today are made with synthetic fibres (nylon, polyester, acrylic...). These release microfibers during the washing process which harm the oceans (see <https://storyofstuff.org/movies/story-of-microfibers/> for more information).

- Choose natural fibres, such as cotton, wool and bamboo instead of synthetics when purchasing textiles.
- Wash clothes less often– this will also help your textiles last longer and will save on the energy bill
- Reduce friction in the washing machine by
  - Only washing full loads
  - Switching your powder detergent for a liquid one
  - Lowering the spin frequency
- Stop synthetic fibres which are released during the washing process from entering the wastewater system by
  - Installing a filter on your washing machine (e.g. <http://www.environmentalenhancements.com/index.html>)
  - Using a GuppyFriend bag (<http://guppyfriend.com/en/>)
  - Using a Coraball (<http://coraball.com/>)
- Avoid textile waste
  - invest in longer-lasting durable items instead of "fast fashion"
  - Shop second hand in charity shops or online e.g. <https://www.vinted.com/>.

**COSMETICS / HYGEINE:** Make your bathroom a plastic-free zone!

- Avoid buying products containing microbeads by using the product lists on [www.beatthemicrobead.org](http://www.beatthemicrobead.org) and avoiding the following ingredients:
  - Polyethylene
  - Polypropylene
  - Polyethylene terephthalate
  - Polymethyl methacrylate
- Reduce packaging by
  - Buying shampoo and soap in bar-form rather than liquid form
  - Bulk buy
  - Choosing brands such as *Lush* cosmetics (where you can bring back pots for reusing) and *Who Gives A Crap* toilet paper
- Make your own (see list of blogs in the toolbox for ideas)
- Avoid plastic in short-life products. You can now find paper based q-tips, bamboo toothbrushes and silk dental floss
- Go reusable! There is so much out there, from reusable wet-wipes, feminine hygiene products, nappies, make-up removing pads and safety-blade razors.





**FOOD / KITCHEN:** The kitchen is a zone where it's easy to accumulate single-use plastics.

- Bring reusable bags when doing your shopping
- Choose food with less packaging e.g. bulk buying
- Properly dispose of packaging
- Switch your sponge and plastic washing-up brush for a natural fibre scrub pad or wooden dish brush
- Avoid single-use coffee pods and individually wrapped teabags
- Finish your plate! By reducing food waste, we reduce how much we need to buy
- Buy good quality food containers or reusable beeswax wrap to avoid reaching for the cling-film.

**ON-THE-GO:** Don't get caught out when out and about- be prepared and refuse single-use plastics.

- Carry a reusable water bottle, coffee cup, and cutlery
- Say "no straw please" when ordering a drink.

**TRANSPORT:** One of the main inputs of primary microplastics into the marine environment comes from synthetic car tyres which wear down and release fragments.

- Walk whenever possible
- Use public transport to reduce the number of vehicles on the road
- Choose longer-lasting natural rubber tyres for your car and bicycle.

**ONLINE:** Engage your local and global community in the problem of plastic pollution.

- Support campaigns to prevent plastic pollution in the oceans by adding your signature
- Get informed
- Share the information with your friends on social media
- Check out A Rocha's work to reduce microplastic pollution and consider supporting us
- Download apps that can help you make those lifestyle changes.

**REMEMBER:**  
Refuse, Reduce, Reuse, Recycle

