

# Challenges for Individuals

Easy – Medium – Challenging



The plastic problem:	What to do:	Local knowledge and tips (see Directory):
Plastic bags	<ul style="list-style-type: none"> <li>* Recycle all of the plastic bags you have</li> <li>* Buy a cloth bag and always carry it with you</li> <li>* Refuse plastic bags, even if it means you are unable to complete your shop that day</li> </ul>	Corsham Co-op for recycling
Fruit and vegetables	<ul style="list-style-type: none"> <li>* Opt for loose fruit &amp; veg and never put it in a plastic bag</li> <li>* Refuse packaging at shops by taking goods out and leaving it with the shop</li> </ul>	May's Greengrocer's
Refill products	<ul style="list-style-type: none"> <li>* Switch to refillable products, e.g. washing up liquid</li> <li>* Always remember your refillable bottles</li> </ul>	Green Ginger offer lots of refills Did you know? Refills are often cheaper than buying new
Reusable food containers, e.g. for meat, cheese	<ul style="list-style-type: none"> <li>* Ask shops to put your goods into your own container</li> <li>* Always remember your containers when shopping</li> <li>* Refuse plastic wrapping wherever possible</li> </ul>	Toby Haynes Butchers Corsham Deli Green Ginger
Hot and cold drinks	<ul style="list-style-type: none"> <li>* Buy a reusable water bottle and hot drink cup</li> <li>* Ask in cafes/restaurants for your drink to be in a glass</li> <li>* Reduce consumption of soft drinks or buy in glass and recycle</li> <li>* Write to the Council to ask them to provide a public tap</li> </ul>	Did you know? The Pound offers a discount to people who bring their own reusable cup
Reusable straws	<ul style="list-style-type: none"> <li>* Request to not have a straw when ordering your drink</li> <li>* Carry your own straw</li> <li>* If given one, refuse it and explain why. Ask the owner to supply paper straws</li> </ul>	Did you know? You can buy your own reusable straws made from bamboo or stainless steel
Food on the go	<ul style="list-style-type: none"> <li>* Ditch cling film and use your own reusable container for lunch/snacks on the go. Take your own cutlery</li> <li>* Buy snacks in bulk and decant into your own containers</li> <li>* Make your own beeswax cloth wraps for sandwiches</li> </ul>	Tip: your container could be plastic as long as it can be washed and reused. Always look for BPA free plastic – numbers 1,2,5 on recycling info.
Single use sachets of sauce	<ul style="list-style-type: none"> <li>* Refuse them! Hand them back and explain why</li> <li>* Ask the cafe/restaurant owner to provide sauces in saucers, bottles or jars</li> </ul>	
Cleaning products	<ul style="list-style-type: none"> <li>* Stop using single use products, e.g. disinfectant wipes. Look for reusable or refillable alternatives</li> <li>* Buy products in non-plastic packaging, e.g. laundry powder in cardboard box</li> <li>* Make your own cleaning products</li> <li>* Invest in washable cleaning cloths/sponges</li> </ul>	Green Ginger Did you know? Vinegar, water and lemon (50:50 with juice of 1 lemon) makes a very effective all-purpose cleaner. Combine this with washable cloths and save money!
Beauty products	<ul style="list-style-type: none"> <li>* Use refillable products, e.g. shampoo</li> <li>* Use bars of soap rather than liquid soap</li> <li>* Buy non-plastic alternatives, e.g. bamboo toothbrushes</li> <li>* Make your own deodorant and moisturiser</li> </ul>	Green Ginger Did you know? You can buy shampoo soap bars which are just as good as liquid shampoo
Milk containers	<ul style="list-style-type: none"> <li>* Opt for waxed card or glass bottled products</li> <li>* Have your milk delivered in glass bottles</li> <li>* Make your own nut milk</li> </ul>	Planks Dairies
Pet waste	<ul style="list-style-type: none"> <li>* Use biodegradable/compostable bags</li> <li>* Set up a pet poo composting system at home</li> </ul>	Green Ginger
Bin liners	<ul style="list-style-type: none"> <li>* Opt for biodegradable/compostable bags</li> <li>* Use newspaper to line your bins</li> </ul>	Green Ginger

**Our advice:** start by changing 1 thing and build up!

Simply get into the habit of looking for non-plastic alternatives, it will soon become automatic.

**Want to do even more?**

- Write to your supermarket or company to request the option to have no plastic packaging.
- Join Transcoco! Investigate local and national groups that are taking action, e.g. Transcoco litter pick.

## Directory:

The following directory is intended as a local reference guide to shops/businesses/cafes that can help with reducing plastic waste. It is currently produced by Transcoco based on their own experiences. Please get in touch if:

- You are mentioned below and offer more than we have listed
- You are keen to reduce plastic waste, or are already doing so, and would like to be in our directory!

E-mail - [transitioncorsham@gmail.com](mailto:transitioncorsham@gmail.com) or look up Transcoco on Facebook

### Always remember -

- Reduce - remember your reusable shopping bags, opt for refills, buy in bulk, refuse plastics that cause damage, e.g. straws, takeaway cups, utensils, balloons
- Reuse – what you already have
- Recycle – when it cannot be avoided dispose of your current plastic waste responsibly
- Ask! You will find that most places are happy to help if you explain what that you are trying to reduce your plastic waste.

### Council Kerbside Recycling:

- You are now able to put lots more plastic items in your blue bin, including margarine tubs, juice cartons, plastic pots and much more. For more info see - <http://www.wiltshire.gov.uk/rubbish-and-recycling-new-services>

### Co-op Supermarket:

- Have a recycling point for plastic bags.
- Many of Co-op's packaging such as cereal bags are also recyclable, check the packaging before binning
- Are happy to put loose fruit and vegetables through the tills in no bag

### Toby Haynes Family Butchers:

- Sell cloth bags
- Accept reusable containers
- Provide meat wrapped in biodegradable and compostable paper
- Provide paper bags to carry your shopping in

### May's Greengrocers:

- Provide paper bags for your loose fruit and vegetables
- May be able to offer a spare cardboard tray for your shopping or plants
- Are happy to put loose fruit and vegetables through the tills in no bag

### Green Ginger:

- Offer lots of refillable products, including washing up liquid, shampoo, conditioner and hand wash
- Sell bulk products, such as oats, nuts, seeds, as well as herbs and spices. Paper bags are available.
- Sell many products loose, e.g. soap
- Sell products in cardboard packaging, such as laundry powder
- Sell machine washable cleaning cloths and sponges.

### Deli:

- Accept reusable containers

### The Pound:

- Offer discounts to customers who bring their own reusable hot drink cups
- Will refill water bottles
- Only use glasses/china for beverages

### Further afield:

- Green Bumble sell re-wraps, fabric squares coated in beeswax, jojoba oil and pine resin which can be used to replace single use plastic for wrapping sandwiches, bread, fruit/veg or for covering a bowl, etc. For prices and to order, email [GreenBumbleUK@gmail.com](mailto:GreenBumbleUK@gmail.com)
- Planks Dairies supply milk to your doorstep in glass bottles
- Larger supermarkets with deli/meat counters will let you use your own containers, e.g. Sainsbury's in Chippenham