



ACTION ON PLASTIC

Top Tips for getting started

At Home

- Find out what's generating your plastic waste by doing our [plastic use audit](#) and review a week's worth of your rubbish and recycling
- Find your local refill centre for cleaning products and toiletries like shampoo & conditioner
- Use small washable drawstring bags for buying loose fruit, veg and dry goods
- Take your own containers to the counter for meat, fish and deli items
- [Find your local zero waste](#) shop or health food shop with dry good dispensers
- Learn what you can buy plastic free from your supermarket and give your feedback to customer services about the rest!
- Buy in bulk locally or online for less packaging and share with a friend
- Order milk in glass bottles or find [refills from a local vendor](#)
- Make your own plant milk – it's easy!
- Swap to bamboo toothbrushes and toothpaste tabs or make your own toothpaste
- Swap to cotton dish cloths and loofahs or coconut scrubbers rather than plastic sponges
- Take a reusable kit whenever you're out & about: cup, bottle, plate, cutlery – no need for anything fancy just grab from the drawer & go!
- Check out our website for loads more ideas: www.actiononplastic.org

At School

- Get involved with Surfers Against Sewage's [Plastic Free Schools](#)
- Lesson plans and other resources are available from Kids Against Plastic or Plastic Pollution Coalition
- Install water fountains and promote them
- Serve milk in returnable glass bottles and remove plastic wrapped products from vending machines
- Tackle disposable plastic in the canteen, staffroom and classroom
- Ask cleaning contractors and other suppliers what they are doing to reduce plastic in their operations
- Share plastic free packed lunch tips
- Use City to Sea's #RethinkPeriods resources, and if period products are sold or distributed onsite, make sure they are plastic free
- Hold a litter pick or plog
- Raise money for the Ocean Cleanup
- Organise an awareness raising event

At Work

- Use our [plastic audit](#) to identify where disposable plastic crops up in your supply chain and premises
- Catering and cleaning are areas where you can easily reduce plastic use
- Consider packaging, stationery and corporate gifts
- Ask staff for their ideas and act on them
- Ask suppliers what they are doing to tackle their own plastic footprint
- Become a Surfers Against Sewage [Plastic Free Champion](#)
- Learn more about the Circular Economy and how it might apply to your business
- Check our website for more ideas and resources: www.actiononplastic.org

Magnify Your Voice

- Use sites like City to Sea, Surfers Against Sewage, Plastic Pollution Coalition, Greenpeace, Friends of the Earth, Zero Waste Chef for info, advice & stats
- Read reports from CIEL (Plastic and Climate 2019) and the PEW Trust (Breaking the Plastic Wave, 2020) for a detailed understanding of the issues
- Present retailers with unnecessary packaging, along with your feedback
- Use social media to give feedback to retailers and governments, using hashtags: #refillrevolution, #breakfreefromplastic, #turnofftheplastictap, #plasticfreecommunity
- Sign relevant petitions and email your MP
- Join our local Surfers Against Sewage Plastic Free Community group, or use our [toolkit](#) to start one