



**THE 2 MINUTE**  
FOUNDATION



The 2 minute guide  
to reducing waste:

**FOR COMMUNITIES**





## THE 2 MINUTE GUIDE TO REDUCING WASTE

Picking up plastic litter is fantastic work. It stops it from entering or re-entering the oceans, takes it out of harm's way, stops it from breaking down into microplastics and becoming toxic.

But preventing it in the first place is better.

Here's our **QUICK GUIDE** to reducing your waste.

## COMMUNITY PROJECTS

It might not be easy to organise a community into starting something big, but it can be done. All it takes is a few dedicated individuals, a lot of energy and a deep desire to make positive changes that will benefit everyone.

### SET UP BUYING GROUPS

Setting up a buying group can help you to get good deals when buying in bulk. The knock-on effect is that you can save waste too, if you are able to decant and distribute products. Buying Who Gives a Crap toilet paper, for example, can help to reduce the price of a plastic-free loo roll delivery to around the same price as buying it from the supermarket.

### OPEN A REPAIR SHOP

Repair shops are fabulous places. Bringing together craftspeople to keep clothes, electrical goods and treasured possessions alive is a wonderful thing and can really help to galvanise a community. It also saves money and helps to reduce waste. Repair shops don't need to be manned every day. They can take over community spaces once a month or more often if you can gather enough volunteers!

### OPEN A WASTE FREE SHOP

Waste-free shops are having a day in the sun at the moment, offering people another way of shopping. It's a nicer way to shop too. You take time, meet people, enjoy time with others who feel the same way. And you can help to reduce your waste, so reducing the pressure on the recycling system and landfill. Win win.

### OFFER AWARDS TO PLASTIC CONSCIOUS BUSINESSES

Offering traffic light schemes or awards to local businesses for removing single-use plastic or taking measures to improve their green practices can help to reward eco-conscious businesses in your community. It can be good for businesses to get award for their green credentials.

## COMMUNITY RECYCLING

Shops and groups can band together to get more value from their waste plastic and cardboard. Bailing cardboard means you can sell it as recyclate. Offering a central point to local shops and groups can bring in income and help to reduce waste, encourage businesses to deal with their waste more easily and take pressure off councils.

## IDEAS TO SHARE IN YOUR COMMUNITY

**PLASTIC BAGS:** Cut out plastic bags forever. Buy cotton bags for life or get free bags from local bagging groups called Morsbags, which are made out of offcuts of material and then given away. It's a great way for people to come together to sew bags and enjoy a social.



### CREATE A MORSBAG GROUP:

You can find out how to create a local Morsbag group at [www.morsbags.com](http://www.morsbags.com). Join them!

**GET A WATER BOTTLE:** Single use plastic bottles are some of the most prolific litter items on the planet. In the UK, tap water is some of the best on the planet. When tested and measured for compliance to standards set by the EU, British tap water was, on average 99.9 per cent compliant. It also costs about 1p per litre. So why waste your money on bottled water?

If you worry about impurities, buy a water filter (around £20) that will 'clean up' your tap water for a fraction of the cost of bottled water.



#### **RUN A REFILL SCHEME:**

The Refill scheme now exists all over the UK, with an app that tells you where you can refill your water bottle for free. Download the Refill app. Organise local cafes and restaurant to offer free refills, add them to the ReFill app and away you go...

**TAKEAWAY COFFEE:** Coffee chains give discounts to people who bring keep cups into their stores. Some give 50p off per refill. And a lot of them will wash it out for you too.



#### **COULD YOUR COMMUNITY RAISE FUNDS FOR A LOCAL PROJECT BY SELLING COFFEE CUPS?**

It can be done!!! Get a supply of keep cups printed and sell them to raise funds. Organise with local takeaways to give discounts to people carrying a cup.

**YOUR CUPPA:** Get a teapot and use loose leaf tea. Once you are done with the leaves they can go straight on the compost heap like before – but without plastic!



It is possible to buy plastic free tea bags. Check yours are plastic free. If they aren't, change.

Choose a coffee machine that grinds fresh beans or uses loose ground coffee instead of pods.

**YOUR WEEKLY SHOP:** Avoid black plastic trays – they cannot be recycled. In fact, avoid anything that can't easily be recycled as much as you can.

Buying from the butcher, fishmonger and deli counters at the supermarket will give you the chance to say you don't want plastic food trays. Or take your own.

Go to the butcher, baker, greengrocer and fishmonger. You can easily reduce your plastic consumption this way.



#### **SUPPORT YOUR LOCAL GROWERS:**

Making the local growers successful makes a community successful. If you have veg box schemes or waste free shops locally, make sure you use them and encourage others to use them. It all counts.

**BUYING VEGETABLES:** Avoid all plastic if you can by tailoring your shop to what is not plastic wrapped. Avoid plastic that can't be recycled at the very least. It's not easy but it can be done.

Shop as usual but leave all the packaging at the till and let the supermarket know why you are doing it. The message will soon get through.

Buy local at a farmers' market or greengrocer where they use less packaging and take fewer food miles to get to you.



Join a veg box scheme. Grow your own. Or at least grow a few bits and pieces on your windowsills. Herbs are easy to grow, as are chards and leaves like kale.

**CRISPS AND SWEETS:** Packets are, in general, unrecyclable. Buy big bags and deal them out if you or your family can't live without crisps – it uses much less non-recyclable plastic than six small bags inside one large one. Buy chocolate and sweets that are wrapped in foil and paper or seek out a traditional sweet shop or pick 'n' mix that sells sweets in bags.



#### **BECOME A RECYCLING POINT FOR TERRACYCLE:**

Terracycle are a recycling company that ask communities to become recycling points. You can gather pens, crisps, just about anything and Terracycle will take it away to recycle. [www.terracycle.co.uk](http://www.terracycle.co.uk)

**DRINKING STRAWS:** Refuse straws whenever you get offered them. Think twice about 'biodegradable' straws.

**PLASTIC CUTLERY:** You don't need it. How hard is it to use real knives and forks and wash them? Go to your kitchen drawer. Take out a fork. Put it in your work bag.

**WASHING UP:** Take a trip to a traditional ironmongers to buy wooden scrubbing brushes, bottle washers, cotton cloths, brooms and metal buckets.

Buy washing up liquid in bulk. Buying eco-friendly liquid online can save money and a lot of plastic.

**HEALTH AND BEAUTY PRODUCTS:** Buy products in larger bottles. Ditch bottled hand wash in favour of soap. Buy shampoo in bars rather than bottles. Research alternative natural and eco-friendly beauty brands.



#### **GET YOUR BUYING GROUP TO OFFER TRAVEL RECYCLABLES:**

Don't buy travel size bottles every time you go on holiday – buy refillables.

**WET WIPES AND PADS:** Wet wipes are often made of plastic and do not degrade. Even if they are flushable they may contribute to fatbergs. Buy a reusable flannel or use paper tissues. If you are taking off makeup, try using cotton wool pads or bamboo wipes, both of which can be composted.

**MEN'S SHAVING PRODUCTS:** The easiest way to reduce your shaving waste is to use a safety razor. You'll save money too.

**FEMININE HYGIENE PRODUCTS:** Plastic tampon applicators are often found on beach cleans. If you have to use plastic tampon applicators for medical reasons, then please dispose of them properly, in a waste bin. If you don't, take 2 minutes to find tampons with cardboard applicators or try applicator free tampons. It's so simple to make this change and yet it will have a huge effect. Consider a **mooncup**, or similar.

**COTTON BUD STICKS:** One of the most commonly found items on beach cleans. You can buy paper cotton buds. Just check before you buy that they are made of 100 per cent cotton and paper.

**WASHING CLOTHES:** Stop wearing clothes from man-made fibres. The average wash sends thousands of fibres straight into the oceans. Wash clothes less frequently. Wash clothes on shorter washes. Wash clothes at lower temperatures. Make sure your machine is full – clothes in full machines get agitated less and therefore shed fewer fibres. When you clean out your dryer put the lint in the rubbish rather than down the sink.



Buy an in-line filter for your washing machine or buy a Guppy Bag, a lint catching bag that can be used in all washing machines.

**YOUR CLOTHES:** Buy well, buy once. Buy decent fabric.

Forget fast fashion – where you buy something new every season and throw it out soon after – and invest your money in 'slow fashion', a concept that's being taken up by ethical brands everywhere.



Some brands offer repair services to their customers so you can keep their gear going for longer. The longer you keep it, the less you waste and the more money you save. Win win!

Consider donating your old clothes to charity or a clothing bank. Don't just throw them away.

**WHITE GOODS AND ELECTRICAL:** Take broken stuff to a **repair café**. These are places where people will repair, or help you to repair your stuff for free, giving up their time to help you. Find your nearest repair café at [www.repaircafe.org](http://www.repaircafe.org).

Taking your old electricals to your local recycling plant will give it a chance of being recycled into its raw materials, if it isn't resold to someone who needs it.

Give it away to someone who needs it. **Freecycle** is a great way of giving your old stuff new life. [www.freecycle.org](http://www.freecycle.org)