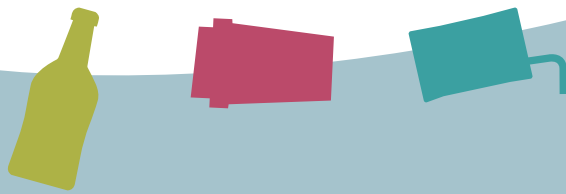


**THE 2 MINUTE**  
FOUNDATION



The 2 minute guide  
to reducing waste:

**FOR INDIVIDUALS**





## 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.

As an individual you have the power to make changes, to make your voice heard and to influence others. And it all starts with 2 minutes.

**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.



Join a Morsbag Group: You can your 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.



**REFILL:**

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.

**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.

**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.

**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.

**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.



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).



Buy better, if you can. The longer the guarantee, the less likely it is to break. Also, the better it’s energy rating, the less energy (and carbon) it uses.

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)

**PACKED LUNCH:** Make your own sarnies and wrap them in beeswax wrapping (100 per cent eco-friendly) or tin foil or take them in a sandwich box. If you have no time to make your own food, take your lunchbox into work and ask your sandwich shop to put your sandwich or salad or baked potato straight in there, so creating no plastic waste.

**WRITING:** Ballpoint pens are clean and convenient. However, it is still possible to buy refillable ballpoint pens. Even though they still contain plastic components, by using them you’ll still stop plastic single use pens like throwaway biros from going to landfill or the ocean.

Buying a fountain pen will save even more plastic, especially when you refill it from an ink bottle rather than use cartridges. And they are lovely to use.

## FINALLY:

### AVOID PLASTIC ALTERNATIVES

Look out for misleading claims on packaging when it comes to 'green' packaging. Plastic is still plastic, even if it is 'degradable'. Some 'eco-friendly' packaging can still only be composted in industrial composters and will spoil recycling streams if it gets into them. While sustainable plastics are better than oil based, it's still important to think about what will happen to it after you've used it.

**Degradable, oxo-degradable and photo degradable plastics** are still plastic. They just break down into smaller and smaller pieces.

**Biodegradable** means something can be broken down into organic materials without causing harm or leaving toxins behind, in a reasonable timescale. Some biodegradable products can only be degraded under controlled conditions, in a commercial composter.

**Compostable products** break down into nutrients that enhance the soil, although they may have to be disposed of in a commercial composter, rather than at home.

**Home compostable** is exactly that. You can put it in your home compost.

