

5 Ways To Use Less Single-Use Plastics



Use reusable bags when shopping

Over 500 billion plastic bags are used per year. When you go shopping, remember to bring your reusable bags for life with you.

Use reusable water bottles

In the UK, 7.7 billion plastic water bottles are used each year. Invest in a reusable water bottle that can be refilled and reused many times.



Reduce buying products online

Buying products online comes with additional plastic packaging. Try to reduce the amount you buy online and use local shops as much as possible.

Avoid buying individually packaged goods

Individually wrapped goods produce an excessive amount of single-use plastic. When shopping, try to choose products that are wrapped as one, with less packaging.



Use a metal or bamboo reusable straw

It takes about 200 years for a plastic straw to decompose. Invest in a metal or bamboo straw that can be washed and reused.