

Community TOOLKIT



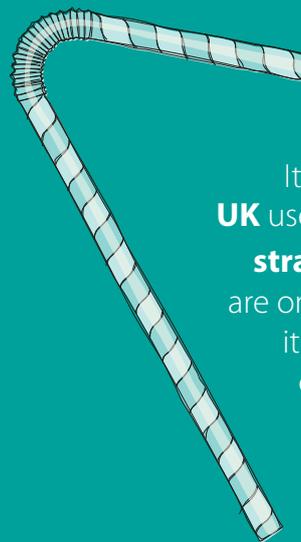
This **guide** will help you set up a **#lifewithlessplastic** community group to **protect the environment** in your area. Show us what **you are doing** - join the conversation online and on social media **#lifewithlessplastic**.

DID YOU KNOW?

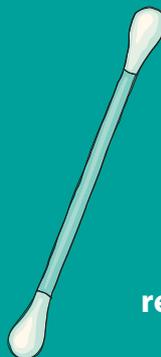
Plastic pollution is a very real **threat** to our oceans and general environment - nearly **five million** tonnes of **plastic waste** is generated in the **UK** every year.



Less than **half** of **plastic bottles** used in the **UK** are **recycled**



It is estimated the **UK** uses **8.5 billion** **straws** a year and they are one of the **top 10** items found in **beach clean-ups**



It costs up to **£78 million** to dispose of **plastic** not collected for **recycling** from the **UK**

Getting started

You can make a **difference** by **changing** a couple of habits and **contributing** to a cleaner, safer environment.



1

Bring your own cup to coffee shops - some even offer a discount!



2

Use stainless steel drink bottles and refill with tap water - they help to keep your water colder.

3

Invest in some canvas or cotton bags for your shopping and keep them handy.



4



Buy loose vegetables to reduce plastic use and food waste and you only buy the amount you need.

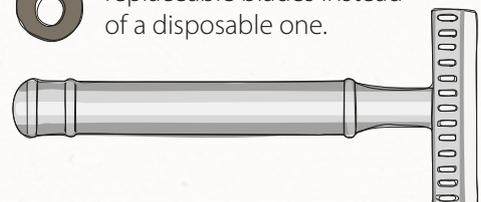


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Consider having milk delivered to your doorstep in reusable glass bottles.

6

Use a razor with replaceable blades instead of a disposable one.





7

Use matches instead of disposable plastic lighters or invest in a refillable metal lighter.

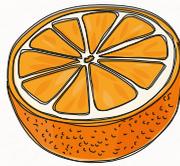
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Invest in a reusable straw and refuse plastic ones. Stainless steel and glass straws can be washed and reused too!

9

Make freshly squeezed juice or eat fruit instead of buying juice in plastic bottles.



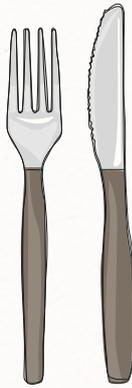
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Store leftovers in glass jars rather than plastic tubs or using cling film.



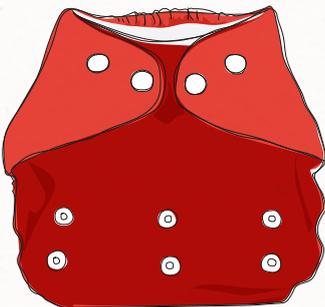
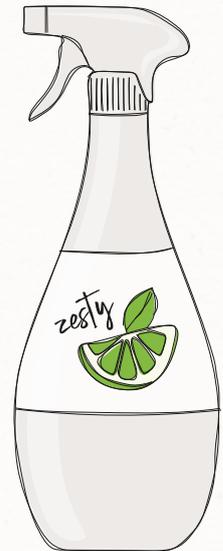
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Keep a set of travel cutlery with you at work or in your bag to avoid plastic cutlery.



12

Make your own cleaning products - this reduces plastic use and is less toxic. A quick online search will bring up many formulas.



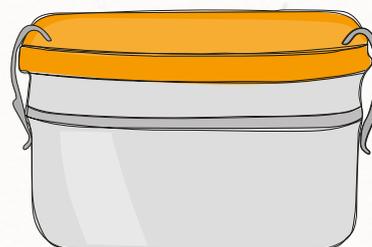
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Use cloth washable nappies to save money and reduce your baby's carbon footprint. Cheshire East residents can apply for an incentive to help with costs. Visit cheshireeast.gov.uk/recycling to learn more.

14



Swap coffee pods for loose coffee grounds - coffee pods are notoriously bad for the environment.



15

Pack your lunch in reusable containers.



Join us



Cheshire East Council works hard to reduce waste in the borough, and you can join us if you're passionate about waste reduction. Help us promote recycling, reducing plastic and food waste, real nappies and composting! Our Cheshire East Waste Reduction Volunteers (CEWRVs) have a range of knowledge and talents to share with their local communities.

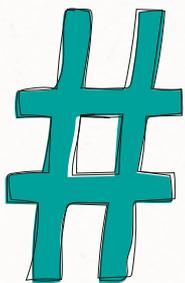
Volunteer - If you want to meet like-minded people, get in touch at cheshireeast.gov.uk/recycling



Plastic pledge

- 1** Stop using plastic straws and use eco alternatives
- 2** Stop using plastic-stemmed cotton buds and use paper ones
- 3** Stop using single-use plastic bottles and use eco alternatives
- 4** Bring my waste home from days out, especially parks and beauty spots

Join us with our [#plasticpledge](#) to help live a [#lifewithlessplastic](#)



Get involved

If you want to get your community involved, why not set up a #lifewithlessplastic community group? To set up a community talk, please visit cheshireeast.gov.uk/recycling and a member of our waste engagement team can visit and deliver a fun and interesting talk on waste minimisation.

Show us what you are doing - join the conversation online and on social media [#lifewithlessplastic](#)