

# LET'S CUT OUR PLASTIC

Every year, thousands of tonnes of **plastic litter** end up in our streets, our rivers, and our beaches. Every year, that same plastic pollution **kills** around one million **seabirds** and 100,000 **turtles** and marine mammals such as **dolphins, whales and seals**. Much of this plastic is single-use and has often only been used by us for few minutes. It really is **waste!**

Low Carbon Oxford North invite you to help North Oxford make a difference.

We're aiming to make a real and lasting cut in how much plastic we all use.

**Will you join us?**



## **We're looking for people and households who want to make some change.**

You'll be aware of the problems of single-use and non-recyclable plastics. Many shops and cafes are talking about cutting their waste. Plastic carrier bag use has already fallen in the UK by 85%. But there's a whole lot more to be done, and we – as people buying plastic bottles, plastic-wrapped goods and so much more – have the power to make some changes.

We will supply you with ideas and guidance. Going completely 'plastic-free' is a real challenge but there's a lot that we can all do to cut back on single-use plastics. We'll offer you support on-line and (if you want it) face to face and you could reduce your plastic waste by half or more over a month.

## **Where do we start?**

We've prepared 10 'challenges' – actions you can take now or over a month. You may find you're doing some of them already. Choose your actions and start your journey to life without plastic!

- Choose 3 or 4 (or more) of the actions on the right that you don't do now.
- Mark them on the sheet to remind you (put a line through any that you do already)
- Make your resolution to do them for a month.
- Talk with your friends and family about how you'll carry them out. Stick this somewhere you'll see it (on your fridge?) to remind you.



# Let's Cut Our Plastic: Our Top 10 challenges



## Action on the move - Think when you travel



- 
1. Get a reusable travel mug and water bottle that can be cleaned and refilled for drinks on the go.
  2. Take your own cutlery or use non-plastic alternatives for take-out food.
  3. Say no thank you to plastic straws (ask for paper ones if necessary) and single-use condiment sachets (ask for the ketchup bottle)
- 



## Action at the shops - Think before you buy

- 
4. Skip the plastic bag (and the 5p charge!) by always carrying a fabric tote bag.
  5. Choose loose over packaged fruit and vegetables where possible in supermarkets. Take your own paper or cloth bags (or reuse plastic bags if you've got them) to keep everything together. *Better still* - go to local shops or markets where paper bags are normally used.
  6. Meat, cheese and fish is available fresh and unpackaged in many shops. Take a reusable container to carry it home. Go for eggs in cardboard boxes.
  7. Many liquids such as soup and fruit juices come in plastic or in waxed card 'tetrapaks'. Cut out the plastic. *Better still* - make your own soups.
- 



## Action at home - Think about waste

- 
8. Choose 2 or 3 items in your house where you can switch to a plastic-free alternative or that don't use plastic wrapping (Toilet paper? Soaps? Cereals?) Once you've sorted those items, look for others.
  9. Reuse, Refill, Recycle. If you have got used plastic containers can they be put to new uses? Look for shops that offer refills. Local recycling schemes take many plastics. Some suppliers at local markets will take soft fruit / veg containers for reuse.
  10. **And if you want to take the really big challenge!** Collect your plastic waste in a separate bag for a week (and maybe weigh it). Then take some or all of the actions above and after two weeks do another separation of plastics for a week. How much lighter / emptier is the bag?
-

## Ready to take part?

If you are ready to cut your plastic, get in touch. Email us or text us your email or address. We'll keep you posted (not too often) throughout the month with ideas. We'll invite you to join us for an informal meet-up where we can share ideas and progress. We'll do our best to answer your questions and we're excited to hear how you get along.

**Email or text us and we'll send you the actions and tips to make them happen and why not join our Plastic Challenge Facebook page?**

Follow this work on Facebook:

**[www.facebook.com/letscutourplastic](https://www.facebook.com/letscutourplastic)**

There's information about all the challenges on our website:

**[www.lcon.org.uk/plastics](http://www.lcon.org.uk/plastics)**

Email us with any queries:

**[plastic@lcon.org.uk](mailto:plastic@lcon.org.uk)**

Text us your contact details and we'll get in touch:

**07710 409590**

Tell us what you've done at the end the month!

### About Low Carbon Oxford North (LCON)

LCON is a community group of local residents offering information, advice and support to everyone in North Oxford to help you lower your carbon footprint.

Our work to reduce plastic waste links closely to our concerns on climate change. Plastics use fossil fuel in their manufacture and contribute to air pollution when burnt. The long term solution is a phase-out of plastic for all but the most essential uses.

