

# Plastics swaps

Here are some ideas to help reduce every day single-use plastic



## Reusable fruit and vegetable mesh bags

Instead of using the plastic produce bags, take reusable fruit and vegetable mesh bags to the supermarket. Once home, pop them straight in the fridge.



## Reusable water bottles

These are not just for children. If you're always drinking water on the go it's better for the environment and cheaper to buy your own reusable water bottle. Use at work and the gym, and at the weekends too.

## Reusable mugs

Forget disposable coffee cups and treat yourself to a reusable travel mug for hot drinks. Fill at home or when out and about at a café or coffee shop.



## Reusable make up pads

Replace cotton wool and make up wipes for reusable make up pads. Use with your normal make-up removal products and then pop in the washing machine and start again. They come in a range of materials including cotton and bamboo. A set will usually come with a small mesh bag so you don't lose them in the wash.



## Reusable food tub

Place your sandwiches and snacks in a reusable tub, to avoid using tin foil, cling film and single use plastic sandwich bags.