



# Help us to help the planet!

If you can't reduce your single use plastics, try to recycle them. This way it will be sent away and turned into something new to be used again.

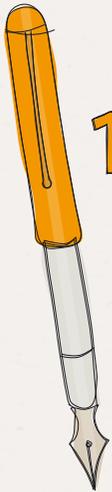
Remember, not all plastics can be recycled.

Find out more by visiting:  
[highpeak.gov.uk/BrownBin](http://highpeak.gov.uk/BrownBin)



**PLASTIC POLLUTION IS A VERY REAL THREAT TO OUR LOCAL AND GLOBAL ENVIRONMENT - NEARLY FIVE MILLION TONNES OF PLASTIC WASTE IS GENERATED IN THE UK EVERY YEAR.**

We can all do our bit to reduce the amount of single use plastics currently used. This toolkit offers tips on items you can change to help reduce plastic waste  
**#lifewithlessplastic**



## Plastic pledge

- 1** Stop using plastic straws – carry a reusable one with you instead
- 2** Stop using plastic-stemmed cotton buds and use paper ones
- 3** Stop using single-use plastic bottles – reusable bottles save money and help the environment. Fun bottle designs can also encourage kids to drink more water!
- 4** Bring my waste home from days out, especially parks and beauty spots

Join us with our **#plasticpledge** to help live a **#lifewithlessplastic**

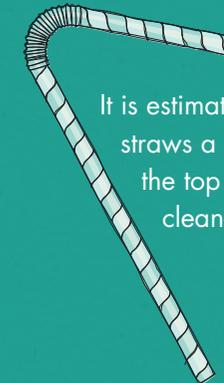
# # Get involved

Just a small change can have a big impact on the environment. Even by swapping out one single-use item for an environmentally friendly reusable version, you could help reduce the amount of single-use plastics being used and thrown away.

Show us what you are doing to get involved - join the conversation online and on social media **#lifewithlessplastic**

## DID YOU KNOW?

**80% of plastic in our oceans comes from sources on land. Even if you live miles away from the coast, plastic which isn't recycled correctly could make its way to the sea.**



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



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



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



High Peak Borough Council  
working for our community



# How to reduce single use plastics?



## 15 TIPS TO GET YOU STARTED



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.

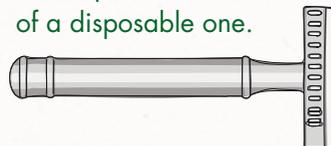


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Consider having milk delivered to your doorstep in reusable glass bottles.

6

Use an electric razor or a razor with replaceable blades instead of a disposable one.

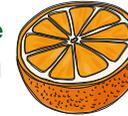


7

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

9

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



11

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



13



Use cloth washable nappies to save money and reduce your baby's carbon footprint. High Peak residents can get cash back through a Derbyshire County Council incentive. Visit [derbyshire.gov.uk](http://derbyshire.gov.uk) to learn more.

14



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

8



Invest in a reusable straw and refuse plastic ones. Reusable straws can be washed and reused over again!



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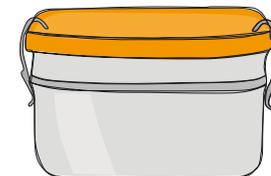
Store leftovers in glass jars rather than plastic tubs or using cling film.

12

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



15



Pack your lunch in reusable containers.