

LESS PLASTIC ! FANTASTIC !

What's the problem?

- Large quantities of waste plastic is floating in our oceans
- Manufacturers and retailers continue to use too much plastic for packaging and goods
- We continue to buy it!
- Plastic takes hundreds of years to breakdown in landfill or in oceans
- It is commonly ingested and can kill other living creatures
- Small fragments of plastic are getting into our food chain
- 150,000 tonnes of plastic is disposed into our oceans every year
- Every single plastic toothbrush that has ever been made is still intact!
- 1 litre of oil is needed to manufacture just 1 new plastic bottle
- More than 270 million tonnes of plastic is made every year



Do you really need to use so much plastic?

Reduce your plastic

- Buy items that are not wrapped in layers of unnecessary plastic
- Recycle your plastic waste
- Shop where they only use paper bags, such as the High Street Store in Coupar Angus
- Try not to buy disposable plastic items such as bags, toothbrushes, razors, plates, cutlery, straws, cups, egg trays
- Buy toothpaste, toothpaste, deodorant and shampoo in recyclable bottles
- For some excellent ideas on how to live a low plastic life, visit

www.pfree.co.uk



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