

## 7 EASY WAYS TO REDUCE PLASTIC WASTE

1. Only give out straws when specifically asked for.
2. When reordering straws, order paper ones.
3. Review drinks stocks, and consider reordering glass-bottled drinks.
4. Consider replacing Take Out coffee cartons with those lined with vegetable waterproofing.
5. Consider replacing Take Out hot food cartons with vegetable starch alternatives.
6. Place recycling bins for glass and cardboard for your customers' use.
7. Consider selling re-usable coffee cartons with your logo, and encourage your customers to use them.

Most people are aware of the frightening impact of plastic. It is a very good time to start thinking about reducing the use of plastics, especially those things that we only use once, and those that we can easily do without.

Almost every bit of plastic you have ever used is still in the environment in some form and will be for hundreds of years. So-called bio-degradable plastic simply becomes tiny pieces, which eventually enter the food system, eaten by shrimps and fish which think it is plankton, ie food. Then other larger creatures

eat them. And YES, that includes us. And many plastics release some pretty nasty toxins that have impacts on us all, affecting health and fertility.

And it might just be easier than you think. We hope these flyers will help you to do your bit towards plastic reduction with some easy steps. Every bit helps.

**Boyce & Co Packaging** (telephone Mark on 01392 367325) stock many environment-friendly products, and I know that many of you already deal with them.

**Green Gate Bio Packaging** (telephone 01803 290971) only supply environment-friendly packaging, and have offered free samples to anyone mentioning my name.

I am **Doreen Sandham**, part of the **Transition Exmouth** community, and we are motivated by a desire to keep our town and environment fit for many generations to come. When my grandchildren ask me "Did you see it coming?" and "So what did you do?" I hope to be able to answer "My best."

Text me if you would like more information on 07814 933110.