

## ***Kicking the habit – stop being a plastic addict!***

Eliminating single use plastic and disposables from everyday life isn't easy. Almost everywhere you turn at work or home something comes in plastic from the replacement printer cartridge to the pack of paperclips, from your morning coffee to your evening meal. Plastic comes around virtually everything we buy and sometimes its embedded and we don't even realise it – who knew teabags had plastic in them?

Kicking the plastic habit isn't easy but like all habits saying goodbye to single use disposables is possible if you can spare the time energy and willpower. Plastic isn't just damaging our health – micro particles have been discovered in bottled water – it is damaging the planet's health and time is running out.

So here is our quick guide to changing your habits and those of your firm for Good!

### ➤ ***Awareness*** - *the key to changing behaviour*

You need to know what and where your habit hits to know how to change. You also need your colleagues at work to be aware so first step is an awareness raising programme.

Some steps to raising awareness are:

- ✓ Keep a plastic diary – for a week record every single use plastic or disposable you and your office colleagues use and then you can start to eradicate them
- ✓ Share the stats – statistics help us to build a business case. For example, did you know ....
  - We use 7 million disposable coffee cups a year in the UK - only 1% get recycled
  - We use around 35 million plastic bottles in the UK EVERY DAY
  - 40% of plastic in production is used by the retail sector and 20% of all plastic in use today is put around our food in some form
  - Of the 6.3 billion tonnes of plastic manufactured since the 1950's only 9% has been recycled

So, if you work in firm that **likes numbers** use some of these to get your colleagues attention!

Failing that you can always use **pictures** ....



➤ **Replace and re-use** - Simple steps, but we all know that many small steps make a change  
So, bin the single use cups. Buy a nice quality re-usable keep cup – and buy one for all your office colleagues and friends. Check out the [best ones on the market here](#). Buy yourself more than one – so you can keep one at work and one at home and, best of all, they go in the dishwasher!

➤ **Save Money** – get a discount!

Use your keep cup in the coffee shops that give you a discount when you use a keep cup – then add up all the money you have saved in a week and you can treat yourself to a cake on Friday! Better still, you can donate your saved cash to one of the ocean plastic campaign organisations - this year LSA is partnering with [Blue Marine Foundation](#) as our nominated NGO for 2018. Blue don't just work on plastics but are leading the development of protected ocean areas.

➤ **Revisit the 3 R's** - Reusing and recycling is vital but so is reducing

Try cutting back and cutting down – support the plastic free aisle campaign, buy fruit and vegetables loose, use compostable recycled materials in your fridge instead of cling film, encourage your firm to use glass refillable bottles for water, use loose leaf tea, ban the cotton bud .... the list is endless but you can start small and you will soon have the bug.

📖 Finally here some information and good links to help you on your way:

### TOP THREE PLASTIC RECYCLING MYTHS DEBUNKED

#### ① *Keep your plastic lids*

Plastic bottles with plastic lids – water bottles, milk bottles, shampoo and bleach bottles can be squashed to save space in your recycling bin, and the lids can be put back on for recycling too.

#### ② *What about bleach?*

Some people assume bleach and kitchen cleaner bottles can't be recycled because of their contents – but it's easier than you think to safely recycle them. Ensure the bottle is empty and leave the lid on.

#### ③ *What's the point of recycling plastics?*

Using recycled materials in the manufacturing process uses considerably less energy than required for producing new products from scratch - 75% less in fact, meaning the impact on the environment is lowered.

Check out [Recycle now](#) for more hints tips and information on all things recycling

📖 In an office and want to set up a cup recycling scheme?

Here are four really good companies who can help you with a cup recycling scheme

- ✓ Veolia: Call 0345 606 0340 or complete [this form](#) to request a quote
- ✓ Paper Round: Call 020 7407 9100 or complete [this form](#) to request a quote
- ✓ Simply Cups: Call 08081 688 787 or [request a call back](#)
- ✓ First Mile: Call Fatima Kaggwa via 0800 612 9894 or e-mail [Fatima.Kaggwa@thefirstmile.co.uk](mailto:Fatima.Kaggwa@thefirstmile.co.uk)

📖 You can also download Hubbub's guide to coffee cup [recycling here](#)