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**home**  
toolkit



**PLASTIC FREE**

**JERSEY**

**SURFERS AGAINST SEWAGE**

Reduce plastic waste  
Save money  
Reduce your carbon footprint

[plasticfreejersey.com](http://plasticfreejersey.com)

 **PORTS OF JERSEY**  
YOUR ISLAND GATEWAY





# HELP JERSEY BE PLASTIC FREE

For Plastic Free Jersey status  
to be awarded to us we  
all need to do our bit.  
Together we can tackle plastic  
pollution and the problems  
caused by single-use plastics.

GLOBALLY, WE ARE NOW PRODUCING NEARLY  
**300 MILLION TONS OF PLASTIC**  
EVERY YEAR.

**50%** OF THIS IS FOR  
SINGLE-USE  
PURPOSES



AROUND **10%** OF OUR  
WASTE IS  
PLASTIC

**EACH YEAR**

# HOW OFTEN DO YOU USE THESE SINGLE-USE PLASTICS?



## COFFEE CUPS AND LIDS

Single-use coffee cups are lined with plastic so can't be recycled. Buy a keep-cup to take with you. You might even get a discount.



## PLASTIC BOTTLES

Plastic bottles can last for 450 years in the marine environment, they slowly fragment into smaller pieces but never truly go away. Choose refillable options.



## PLASTIC BAGS

On average a plastic bag is used for twelve minutes. Take your own reusable bags and keep spares at work, home and in the car.

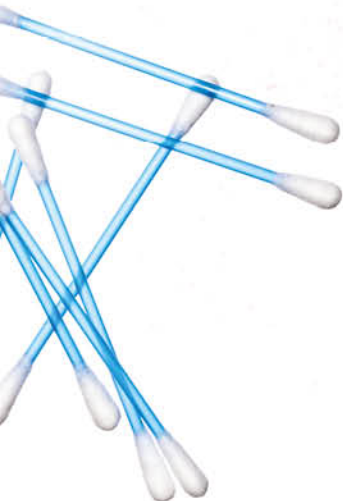
## STATIONERY

When you are buying stationery look for reusable, refillable or plastic free alternatives.



## BATHROOM PLASTICS

33% of plastic is used once and then discarded. Source plastic free alternatives to replace disposable razors, liquid soap, deodorant and cotton buds.



## PLASTIC CUTLERY AND STRAWS

Carry a cutlery roll with you. Include a knife, fork, spoon, tea-spoon and reusable straw rolled into a fabric napkin and you're all set to go!

# TAKE 5 **SMALL STEPS** TO BE PLASTIC FREE

**1 Register** to tell us you're joining in  
[plasticfreejersey.com/commit](http://plasticfreejersey.com/commit)

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**2 Think** – we need you to remove at least 3 single-use plastic items from your home. Check out our tips if you're stuck:

- What single-use plastic items do you have around your home?
  - Which ones could you live without?
  - Can you think of an alternative way of doing things?
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**3 Make the change**

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**4 Let us know** when you've removed at least 3 single-use plastic items from your home  
[plasticfreejersey.com/share](http://plasticfreejersey.com/share)

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**5 Share your good work** with your friends and family. Tag us on our social media





- The home waste challenge – collect all the recyclable and non-recyclable plastics used at home over a one-week period. Document what you've got and think about how you can reduce it. Challenge yourself to reduce it by 50% (or even more!).
- Use your consumer power – support businesses who are consciously reducing their plastic use. Encourage other shops to join in too.
- Waste free lunches. When you're packing a picnic or a lunch box go waste free. Pack your lunch in reusable containers saying no to cling film, and plastic bags.
- Join in with a beach clean or organise your own. Maybe make a pledge to pick up 3 plastic items from the beach, park or country lane each time you go.
- Make sure you recycle what you can. If you have kerbside recycling use it and take your other recyclables to La Collette. If you haven't got kerbside recycling ask your Parish to set it up.
- Encourage your work, school, clubs or other organisations to get involved. Be the voice for change.

**IF YOU DON'T BUY OR USE ANY  
SINGLE-USE PLASTICS BUT WANT TO  
BE INVOLVED IN PLASTIC FREE JERSEY  
HERE ARE 3 QUICK STEPS:**

- 1 Use your voice to spread the plastic free message.** Speak up in your community - whether that's in your local parish, school or club.
- 2 Encourage your place of work** and establishments that you use to become eco active businesses (if you haven't done so already!)  
[gov.je/ecoactivebusiness](http://gov.je/ecoactivebusiness)
- 3 Get involved in plastic free initiatives and events.**

**SPREAD  
THE WORD!**

**JERSEY  
IS GOING  
PLASTIC  
FREE!**

# RECOMMENDED RESOURCES

[www.zerowastehome.com](http://www.zerowastehome.com)

[www.thegoodjerseylife.com](http://www.thegoodjerseylife.com)

[http://clearplasticuk.net/  
plastic-clever-initiative](http://clearplasticuk.net/plastic-clever-initiative)

[https://friendsoftheearth.uk/  
natural-resources/  
homemade-cleaning-products-  
5-fantastic-recipes](https://friendsoftheearth.uk/natural-resources/homemade-cleaning-products-5-fantastic-recipes)

[https://thegreenparent.co.uk/  
articles/read/make-your-own-cleaning-products](https://thegreenparent.co.uk/articles/read/make-your-own-cleaning-products)

[https://noplasticplease.wordpress.com/  
about/plastic-free-living-guide/](https://noplasticplease.wordpress.com/about/plastic-free-living-guide/)



**PLASTIC FREE**

**— JERSEY —**

**SURFERS AGAINST SEWAGE**

If you want to know which companies can help you be plastic free, including which shops welcome you taking your own containers then please check out our plastic Free Jersey members directory

[plasticfreejersey.com](http://plasticfreejersey.com)

Remember to think before you print

