

Welcome!

A very warm welcome to you from us all at **Malmesbury Against Plastic** and **thank you** very much for your interest in our directory.



It was estimated by the Ellen MacArthur Foundation in 2016, that with our current rate of plastic usage, by 2050, there will be **more plastic in the sea than fish**.

One way that we can stop this from becoming a reality, is by **reducing** our Single Use Plastic (SUP) usage now as much as possible. You may have heard of the "**4 R's to Sustainability**", when it comes to the production, consumption and waste of goods. '**Reduce**' is one of these four 'R's', alongside **re-use, recycle and refuse**.

It is sometimes very difficult to tell whether SUPs are able to be recycled or not, but it is known that **91% of plastics ever created have not yet been recycled**. As a result, this guide is largely focused on reducing our SUP usage as far as possible.

We have created this guide, which is in alphabetical order, to show you what **alternatives & swaps** are out there, **where** you can find them and some helpful **tips & pointers** to get you started.

We've tried to make this guide as comprehensive as possible, but we know we are bound to have missed things out. Please **let us know** if you have any swaps/alternatives/tips that you know of, so we can help **spread the knowledge** far and wide!

We'll leave you with this quotation, from Sian Sutherland, from 'A Plastic Planet', "Plastic packaging is used by the consumer for a **few minutes**, but stays on this **earth forever** - 9 billion tonnes clogging up our planet"

Happy reading!

A - B



Item	Alternative	Notes
Aeroplane	<p>Pack your own headphones as on long haul flights single-use alternatives wrapped in plastic are often given out.</p> <p>Pack an empty reusable bottle – you won't have to chuck it out when you go through security.</p>	
Animal Treats	Go in to local shops and buy loose alternatives which often come in paper bags	Lumley Garden & Pet Supplies in Malmesbury have a wide variety of loose treats.
Bags	Fabric alternatives are best – but there are many examples of small ones that can be rolled up small and stored in your bag/rucksack	Make your own: https://www.youtube.com/watch?v=-OCRclg0hpU&t=343s

B - C



Item	Alternative	Notes
Bakery	Local bakeries tend to pack their goods in paper bags! Shop there rather than at larger shops, who often package items with material that can't be recycled.	
Bottle	Bring a reusable metallic bottle or canteen with you. Some options are collapsible, which is handy in a handbag.	Try: www.asliceofgreen.co.uk/reusable-bottles/ for collapsible options
Butchers	Bring your own containers for items or ask for your goods in paper bags	Both Butchers in Malmesbury allow customers to use their own containers
Cheese	If you chose to buy at Deli counter, bring a Tupperware/glass container to take your items home in.	Deli counters can be found in Waitrose and Thomas of Malmesbury

C



Item	Alternative	Notes
Cleaning	We have so many cleaning tips that we will be working on a specific cleaning guide ...keep your eyes peeled!	
Cling Film	Beeswax wraps which can be easily molded using the heat of your hands, fabric sandwich wrappers, dish covers or plates are all possible alternatives.	Beeswax wraps available locally on our high street at The Wild Food Co.
Cotton Wool Buds	Supermarkets are now selling paper buds , instead of plastic ones	
Cotton Wool Pads	Use washable cotton rounds instead.	Head to Etsy.com to find alternatives, or make your own from old t-shirts/pieces of clothing!

C



Item	Alternative	Notes
Cup	Bring a reusable thermos/mug . If you forget, why not sit down for a few minutes and ask for your hot drink in a ceramic cup .	Try www.uk.KEEPcup.com for cups. Some local cafes like Jackdaws/Hobbs also offer discount if you bring your own!
Cutlery	Disposable cutlery (knives, spoons, forks, chopsticks etc.) are everywhere. Ask for a metal alternative or keep a set of your own metal/bamboo alternatives.	savesomegreen.co.uk sell bamboo cutlery & they don't wrap their orders in plastic!
Dental Floss	Silk Dental Floss (which is degradable), now available in a recyclable glass container.	Try anythingbutplastic.co.uk for an alternative or pick some up from The Wild Food Co.

D - H



Item	Alternative	Notes
Dishwasher Tablets	Buy tablets with a soluble wrapper in a cardboard box.	
Face Wipes	See ' Wet Wipes ' or ' Cotton Wool Pads '	
Fruits & Vegetables	Choose loose vegetables rather than those wrapped in film, which cannot be recycled. Bring old Tupperware containers/glass jars to pack items in.	If you forget your containers, pack your items in the recyclable paper bags usually used for mushrooms.
Hairbrush/Comb	There are many bamboo alternatives to hairbrushes and combs.	Try savesomegreen.co.uk or thebodyshop.com for some alternatives

I - L



Item	Alternative	Notes
Ice Cream	Order your ice cream in a cone, rather than plastic lined container.	There's more to eat then!
Juices	Squeeze your own juices, rather than buying juices and smoothies in plastic bottles.	Shop bought smoothies/ juices are known for having lots of added sugar – make your own and that way you'll know what's inside!
Laundry	Buy boxes of laundry powder, instead of bottles.	
Leftovers	If you're heading out for a meal, take a reusable container with you. Most restaurants are happy to pack up any leftovers and you can take them home and enjoy them later.	It saves on food waste too!

L - M



Item	Alternative	Notes
Lighters	Use matches over a disposable lighter.	If you don't want to give your lighter up, consider buying a refillable metal one.
Lip Balm	Buy options in a portable metal tin , like Vaseline, rather than a plastic tube.	
Lunch	Save yourself some money whilst saving the earth by bringing your lunch in reusable containers and bags .	www.re-wrap-it.co.uk offer many varieties of wrapper (made in the UK too!)
Milk	Get involved with the local milk round , which uses glass bottles instead of plastic	Find your local milkman: www.findmeamilkman.net/

N - R



Item	Alternative	Notes
Nappies	Reusable cloth alternatives as disposable nappies take 200-500 years to decompose	' Which? ' have developed a 'Best Reusable Nappy' Guide - available online
Online Ordering	Include a message to a seller for zero plastic.	
Pens	Use pencils , or if you need to use a pen, use a refillable fountain pen .	Rather than cartridges, use a converter that allows you to refill the ink from a bottle of ink.
Razors	Most razors available on the high street are plastic – but metallic options are available.	
Rubbish Bags	Use compostable alternatives	

S



Item	Alternative	Notes
Sanitary Products	Invest in menstrual cups or " Period Pants " instead	www.thinx.org have many varieties of period pants.
Secondhand	Look for items such as electricals and cages for small animals like hamsters second hand .	Look on websites like Ebay , Gumtree or in our local charity shops
Shampoo/Conditioner	Swap your liquid soaps for solid shampoo and conditioner soap bars .	www.uk.lush.com have many solid bar options. You can even buy reusable metal tins to store them in.
Shop Counters	Shops with Deli /Meat and Fish counters package items in SUPs. Bring along a clean Tupperware/Pyrex container to take your goodies home in.	Make sure your container is clean – we don't want shops to refuse to serve you!

S - T



Item	Alternative	Notes
Shop Local	See " Bakeries " and " Animal Treats "	
Soap	Buy unpackaged soap bars instead of liquid soaps and shower gels	Available locally at The Wild Food Co.
Takeaways	Getting a takeaway? Take your own containers in!	Or, if you're given takeaway containers, why not give them a wash and reuse them for another day?
Tea	Tea bags are often sealed with plastic, buy loose leaves instead.	Some brands, such as Teapigs use biodegradable cornstarch instead - keep an eye out for those!
Thermos	See ' Cup '	

T



Item	Alternative	Notes
Toilet Brush	Ditch the plastic for a wooden alternative.	savesomegreen.co.uk have coconut hair alternatives from £5
Toilet Roll	Often comes in a plastic that can't be recycled. Other options come wrapped in paper .	Subscription service ' Who Gives A Crap ' donates 50% of profits to building toilets in disadvantage areas of the world – and rolls are wrapped in paper! A different brand available at The Wild Food Co.
Toothbrush	Every plastic toothbrush ever used is still here on earth somewhere. Use biodegradable bamboo alternatives instead.	savesomegreen.co.uk have bamboo alternatives from £2.50

T - W



Item	Alternative	Notes
Toothpaste	Toothpaste now comes in small glass jars.	truthpaste.co.uk offer many zero-waste, vegan alternatives from £6
Washing (clothing)	Clothes like fleece tops release microfibres, which contribute to the damage we're seeing in our oceans. Wash clothes in Guppyfriend bags which trap microfibres to prevent them getting into the ocean.	Get yours from http://guppyfriend.com/en/
Washing Up	Rather than buying new bottles of liquid, top up your existing bottles!	Washing up/ soap refills are also available at The Wild Food Co.
Wet Wipes	Wet wipes cause 93% of blockages in sewers in the UK. Use reusable/washable cotton cloths instead.	You could even repurpose items of clothing like t-shirts which would otherwise be thrown away.

Thank you!

We hope you've seen that there are many different **swaps, alternatives and actions** you can take to begin to eliminate SUPs and plastics from your life!



In a world that has become so reliant on plastics, it can seem like an **insurmountable mountain**, but let us reassure you that **any action** you take, no matter the size, will **have an impact** for our world.

It is not always possible to avoid every single use plastic. Remember, there are three other 'R's' that you should consider:

Refuse - are you able to say no to the SUP in the first place? This works well for items such as **straws, plastic bags & disposable cutlery.**

Recycle - ask yourself - "if I can't avoid this SUP, can it be recycled?" Wiltshire Council collect clean and empty water, juice and drinks bottles, for example. Check our '**Guide to Recycling**', coming soon, to learn more about which items can and can't be recycled

Re-use - "if I must use a SUP, could I use it **more than once?**" Could you use a fruit container to hold seeds for your garden, for example? Try to get more than one use out of the product.

There is a lot of information here. We hope you take the time to take it all in and have a think about what changes you might be able to make. If you're thinking about taking action, please let us know by signing the **Malmesbury Pass On Plastic Pledge**, soon to be available on our website, so we can keep up to date with the actions our residents and businesses are taking!

Frazzled? Confused? Questions? Don't know which action to take? Please don't hesitate to get in touch with us and we will endeavor to help you the best we can!

Malmesbury Against Plastic



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