

How much plastic?

It is so easy to use plastic every day without noticing it.

You can use this list in different ways. Try marking off each item as you throw away or recycle it. Or write down the number of times you use something. We will have the same list at the end of the month with a list of ideas for plastic free alternatives.

Personal Care	
Shampoo	
Conditioner	
Cleanser	
Toner	
Moisturiser	
Shaving	
Other Face care	
Toothbrushes	
Dental Floss/Picks	
Toothpaste	
Mouthwash	
Shower gel	
Soaps	
Cotton buds	
Deodorant	
Wet wipes	
Make up	
Other Body Care	

Out and about	
Takeaways	
Drinks in disposable cups	
Disposable cutlery	
Sandwiches	

House Cleaning	
Floor cleaner	
Polishes	
Window cleaner	
Toilet cleaner	
Cleaning wipes	
Other cleaners	

TOTAL A	
----------------	--

Food	
Single use containers	
Single use bottles	
Cling film	
Plastic bags	
Cellophane	
Straws	
Other food plastic	

Laundry	
Washing powder/liquid	
Conditioner	
Brightener	
Steriliser	
Stain remover	
Other laundry	

Kitchen	
Washing up liquid	
Dishwasher	
Surface cleaner	
Oven cleaner	
Fridge cleaner	
Other kitchen	

Other packaging	
Single use hard plastic	
Bubble wrap	
Plastic coated card	
Cellophane	
Envelopes	

TOTAL B	
----------------	--

TOTAL PLASTIC USED = A + B	
---------------------------------------	--