

TOP TIPS FOR REDUCING PLASTIC in your home, your town, your planet.

PLASTIC FREE —WELLS—

SURFERS AGAINST SEWAGE

Brought to you by Plastic Free Wells – the first community in Somerset to achieve accreditation from Surfers Against Sewage.

Find out what's going on – we can all play our part.

Consume less. Think more. Pay Attention. There are consequences to all actions.

1. Stop buying bottled water. Use a re-usable container and fill it from the tap. UK tap water is good quality. More town fountains coming soon. And on railway stations. Lobby for this. Check out the REFILL campaign.
2. The final straw! Government is preparing to ban plastic straws. Use paper ones or get your own stainless steel or bamboo straw. Silver, engraved ones are now available! Better still, do without if you can.
3. Take your own re-usable bag or basket with you every time you shop. Take bags for loose veg too. Make bags out of old fabric or scarves, etc.

4. Avoid buying cotton buds with plastic stems: paper stemmed ones are available. Do not dispose of them down the toilet. Thousands of these are washed up on our beaches every day. Only the 3 Ps should go down the toilet!

5. Buy your fruit and vegetables loose from market stalls. Lobby super-markets to reduce wrapping on fruit and vegetables. Email/write to them! Leave excess plastic packaging at the check-out as a protest. Thousands of shoppers are doing this now!

6. Buy a re-usable coffee cup and take it with you every time. Many outlets give discounts on drinks if you use your own cup - both taken away or consumed in store.

7. Refuse plastic cutlery and don't buy plastic plates, cups, etc. France intend to ban them from sale soon. Delhi too, apparently!

8. Ask your local restaurants, cafés, businesses and councils to go SUP-free. Many councils are now banning the use of plastic items like these on all their premises. Wells City Council for example.

9. Take your own containers when shopping – markets and supermarkets are happy to place goods in your containers. Saves bags and waste. Use them at the deli counter and for fish, meat, samosas – every time you want loose produce, use your own container. Everyone gains: we save money and consume less plastic.

10. Consider getting your milk delivered in glass bottles. The benefits are many and not just regarding plastic reduction: milkmen can keep an eye on the health of elderly or ill people when they spot that the bottles remain on the doorstep and can alert someone to help.

Other ideas:

Check what organisations like Surfers Against Sewage are doing – many towns and cities are going single-use plastic free following their model.

Look out for our logo in shop and café windows and support these businesses for their efforts in reducing SUPs.

Take part in a beach clean or town litter pick. The whole family can join in!

Don't forget to take your own shopping bags (for fruit and veg too), coffee cup and takeaway container with you when you go out. It takes time to remember this and get into the habit, but if you do you will make a huge saving which will benefit you, wildlife and the whole planet in the long term.

Thank you!

