



A sustainable future for wildlife and people

Wiltshire Wildlife Trust

Take on the 'Waste Free' Challenge Wiltshire Guide



Produced by Wiltshire Wildlife Trust





Contents

	Page
Wiltshire's Waste	3
Waste Free Feb	4
Waste Audit	6
Recycle Even More	7
Change The Way You Shop	14
Tips & Advice	17
Food Waste	18
Good Spots to Know	21
Handy Tips	24
Handy Resources	28
<i>Less Plastic</i> Quick Tips	29
Businesses Taking Part	31
Posters for participating businesses	32





England's waste

In 2020, total 'waste from households' increased to 22.6 million tonnes from 2019 when it was 22.1 million tonnes.

This is equivalent to 399 kg per person, up from 392 kg per person in 2019, an increase of 1.8 per cent.

Wiltshire's waste

In 2021/22, households in Wiltshire produced a total 218,529 tonnes of waste.

99,226 tonnes of waste was recycled, composted or re-used.

93,535 tonnes of waste was diverted from landfill using waste treatment and energy from waste facilities.

19.1% of waste was sent to landfill.

Stats from Wiltshire Council 2023.



3





What is the 'Waste Free Feb' Challenge?

You can take on the Waste Free challenge at any time of the year but we are challenging people to come together during Feb and attempt to reduce their waste to a minimum for the month.

So what does waste free living actually mean? It means to avoid unnecessary waste and reducing the need for a rubbish bin (but don't panic, we don't expect you to lose the bin just yet!). There are huge positive environmental impacts to producing less waste...

- Less resources are used as raw materials - water, oil, energy, land etc.
- Less waste will be sent to landfill and incineration
- It sends a message to businesses, "we don't want your waste".
- Councils will spend less on landfill tax (currently £91 per tonne), enabling them to spend money elsewhere.

If a month seems a daunting, why not try a waste free week, weekend, or even just a day?

Living waste free will involve changing your habits and behaviours. For example, buying items which either come with no packaging or at the very least, recyclable packaging, preparing your own lunch rather than buying one from a shop in all its' packaged glory, eliminating certain materials from your life such as polystyrene and film that cannot be recycled in Wiltshire and perhaps shopping locally or at a market where you'll find loose fruit and vegetables.

Sometimes, un-recyclable waste is unavoidable, during your challenge period, keep these items in your bag, container or jar; it's interesting to see, when you start being more aware of it, how much we can reduce our waste by!

We are classifying waste as anything that cannot be reused, composted or recycled



4





Set your own goal:-

You can amend this 'challenge' to fit in with your objectives so it's realistic for you...

- ♦ **Set your own time period** - Is a month too long? Then try a week or a few days, even one day is sufficient to make a difference.
- ♦ **Set your own waste target** - Choose whether you want to aim for a carrier bag, bin bag or even a jam jar worth of waste during your challenge.
- ♦ **If you struggle** going full on waste free living don't worry; instead try changing one behaviour a week, e.g.

Week 1 = reduce your food waste

Week 2 = buy less plastic packaging

Week 3 = focus on household cleaning product waste

Week 4 = combine all efforts and try to go waste free, otherwise concentrate on a new focus for that week.

Have fun with this and don't stress! Please keep us updated with your progress - you can Tweet us @SlimBins or message us on Facebook @Waste Free Feb and Wiltshire Waste Watchers with tips, good finds and queries. Please use #WasteFreeFeb when sharing your journey.

We hope you will reduce the amount of waste you create by following our 3 step guide to better recycling and responsible shopping .



@Gemma Annan

Tip Be prepared, preparation will be the key to success for this challenge!

If you are caught off guard and need to go to the shops for a last minute snack you are likely to find yourself filling your waste container quite quickly...



5





Step 1: Begin with a Waste Audit

...Yes this may involve rummaging through your bins

Before you start living 'waste free', it's a good idea to look at the types of waste you're already producing in your day to day life. [One week before your challenge](#), continue to live your normal life, buying and disposing of your usual products and items. Keep a log of every item you place in your black bin. Any items placed in this bin will either end up being incinerated or in landfill, so these items are your main target! It's also worth noting down which items end up in your recycling boxes and bins too as later in your challenge, you may find a waste free alternative to even the recyclable packaging.

At the end of your waste audit, look through your log and we're sure you'll be shocked at the amount of rubbish you've produced in one week/day. But fear not, this is the perfect starting point for your 'Waste Free' Challenge!



@Gemma Annan

Before & After Shots

We want your before and after snaps, so take a snap of a week's worth of rubbish before you start the challenge.

You'll be able to see the difference and we want to know how it went too!

Send to us or tag [#wastefreefeb](#)





Step 2: **Recycle Even More**

Step 2 is all about recycling efficiently and going a step further than you may already. But please remember that recycling is not the solution, some materials can only be down-cycled and lose their quality quickly.

The waste hierarchy below is a good model to use of the steps to take before even considering recycling goods. Practice these steps and it will help you to achieve waste-free living.

When it comes to recycling, let's do it properly so our materials are given another shot at becoming something useful.





Step 2: Recycle Even More

Know exactly what you can recycle at home....

Looking through the items listed in your waste audit and consider which items could have been recycled. In Wiltshire, a range of household items can be recycled in your black box and blue-lidded bins, see below for what can be recycle at home. For a full list of items that can go in your recycling bins, see below or visit —

www.wiltshire.gov.uk/recycling - why not share this link with friends on social media...

In your black bin:

Clean glass bottles (leave the lids on)

Clean glass jars (leave the lids on)

In your blue bin:

Plastic bottles of any colour except black.

Paper and cardboard of any colour.

Cartons, cans, aerosols and foil.

Batteries (place in a clear plastic bag and put them on top of your blue bin)

In your garden waste bin:

Cuttings

Bark

Prunings

Cut flowers

Weeds

Leaves

Hedge clippings

House plants (please remove soil)

Twigs and small branches

Untreated sawdust and wood shavings

Other items:

Used cooking oil, mobile phones, glasses, CDs, DVDs and more - the list is long. You can see a full list on the individual household recycling centre.

Tip Do the scrunch test to check whether your shiny wrapper is aluminium foil or plastic film:
scrunch the wrapper in your hand - if it springs back open it's not recyclable foil.





Step 2: Recycle Even More

...Even if you already fancy yourself as a keen recycler!

Already see yourself as a keen recycler? Great but we're sure you'll still be left with items you can't put in your home recycling bins...well fear not! There are many other collection points for recycling a wider range of materials if you're able to take them.

Your local **Household Recycling Centre** (HRC, AKA the tip!) has lots of extra recycling points for other items including hard plastics (including black plastic) such as children's toys and plant pots, also batteries, car parts, wood, cooking oil and much more.

See the full list of recyclable items at www.wiltshire.gov.uk/household-recycling-centres

Tip Why not place a box for recycling in the kitchen, a bag on your bathroom door and a box in any other room which may produce lots of recycled objects.



9





Step 2: Recycle Even More

Still have more waste that you can't recycle? Think again!

Items such as **plastic bags**, including shopping bags, sandwich bags, plastic bread bags, frozen vegetable bags (or any other with a similar stretchy film), and bubble wrap can all be dropped off at your local supermarket plastic bag recycling point (usually near the shop entrance). You can check your local supermarket's website to see if they provide this service. Taking your bags to be recycled means they won't end up in landfill and will be recycled potentially into new bags. When you consider that *British shoppers bought 1.75 billion single-use carrier bags from major retailers in 2017/18 (down from 8.5 billion in 2014)*, you can see why it may be worth the extra effort (DEFRA, 2015).

Tip To maintain the shine and efficiency of your oven, use white vinegar and baking soda to give it a clean and ensure it's pristine, no need for harsh cleaning products in plastic bottles!



@Repair Academy





Step 2: Recycle Even More



You could check if there are any **TerraCycle** drop off points nearby for those hard-to-recycle items? TerraCycle recycles, reuses and upcycles waste into innovative new materials and products. You could start your own TerraCycle collection point for items such as cleaning product packaging, coffee pods and pet food pouches! To find a local item drop off point, check - www.terracycle.co.uk/en-UK/about-terracycle/drop_off_locations.

Tip Look out for the TerraCycle logo on packaging, this means there will be public collection points for this packaging.

Wear contact lenses or use roll-on deodorant? Terracycle has a recycling programme for any brand of soft contact lenses and blister packs and another one for personal care and beauty packaging.



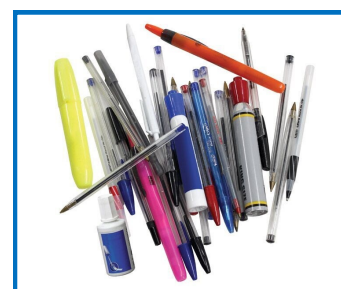
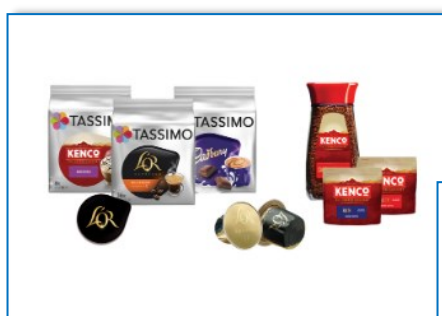
Recycle 4 Charity take certain used printer inkjet cartridges and donate the money raised to charity - www.recycle4charity.co.uk.





Step 2: Recycle Even More

By taking some of your waste to **community recycling points** and **HRC's**, you could recycle these household items and many more in addition to the items collected in your black box and blue-lidded bin!





What Difference can Recycling Make?

If **EVERY** household
in Wiltshire
recycled **ONE** more
baked beans can...



...this would **SAVE**
enough energy to
power a typical
Primary School for
11 MONTHS!



If **EVERY** household
in Wiltshire recycled
ONE more drinks
can per week...



...this would **SAVE**
enough energy to
power a typical
County Library for
6 YEARS!



www.wiltshire.gov.uk/waste



Step 3: Change the Way you Shop

Now it is time to eliminate the un-recyclables!

Once you've started recycling more of your waste it's time to change the way you shop! Shopping in large well-known supermarkets often means that everything comes heavily packaged in plastic and other hard-to-recycle materials to ensure they stay fresh for long enough. It's why we've often found it easier to **buy food and supplies locally**, from markets, fruit and veg shop, local butchers and local health shops.

Here you can often find un-packaged or recyclable alternatives such as tomatoes minus the plastic container or bag, nuts in a paper bag or they're happy for you to take your own containers and reusable bags to use for fresh items such as cheese, dried meats, nuts, seeds and so on. You're also supporting local businesses which often means food has travelled fewer miles to reach your plate and has less impact on the environment than chicken imported from Thailand, for example!

When shopping in supermarkets, take your bags for loose fruit and veg, take your own tub to the deli counter for unpackaged cheese, fish and meats. Choose glass jars and bottles rather than plastic and be aware of hidden plastics (e.g. double wrapped or plastic wrapped around the seal of a jar!).



Tip Cooking/baking from scratch often cuts out a lot of waste - see our simple energy ball recipe on the left; you can still eat yummy foods (such as pizza which is hard to find without plastic film) but be prepared to make them from scratch!

Step 3: Change the Way you Shop

Now if you can't avoid packaging altogether then try to avoid plastic where possible; remember that plastic is not biodegradable and toxic so if left in the environment or buried in the ground it will outlive your grand-children's children so where possible opt for cardboard, glass, tin, bamboo, plant based and compostable packaging.

Tip If you really are unable to avoid unrecyclable packaging then buy in bulk, this will reduce the amount of packaging used on individual and smaller packets - remember to store bulk goods correctly though so you don't end up with additional food waste (suggestion - share a bulk buy with friends and family)

Where possible reduce your packaging waste with other items such as toiletries or household cleaning goods. **Refill stations** are popping up in more places these days - you can refill household cleaning products such as washing up-and laundry liquid as well as soap and shampoo. More and more **refill shops** are opening which sell loose food and some shops have milk refill stations. Check out our 'Good spots to know about in or near Wiltshire' page, our online map [here](#) and this website www.zerowastenear.me/loc/wiltshire/ for help on finding local stores which offer refillable stations and unpackaged goods.

More tips coming up...



Devizes Farmers Market @Prayitno (flickr.com)



Share Your Journey...

Today people are educated and influenced by what they see on social media; if you use social media, we strongly recommend you **TELL THE WORLD** about your Waste Free Living journey by sharing posts about your experience. Share good finds, promote local businesses selling loose and waste free products, share photos of your waste during your challenge, challenge companies that over-package - requesting them to reduce and rethink their repackaging.

By posting on social media, blogging, vlogging and speaking about your challenges and achievements; **together we will have a much larger impact!**

Please remember to use ...

#Wastefreefeb

And tag us so we can share your experience....



@WiltsWildlife



Waste Free Feb &
@WiltsWild



@Wiltswildlife

Don't forget to send or tag us in your Before and After Shots

We want your before and after snaps, if you plan to take part for the whole month then take a snap of 1 one months worth of rubbish, if you are taking part for one day then snap a days worth of rubbish and so on...

Be sure to snap your jar, bag or container at the end of your challenge too as you could be in with the chance of winning a prize! Send to us or tag #wastefreefeb





Tips and Advice





No more food waste!

In the UK up to 50% of what we throw away is food, costing a family of four up to £810 per year! Food waste happens at the source, in the shops or in the home and it's at home the majority of waste occurs.

This is because food is left to go out of date or is unused or we buy too much. Some waste is scraps that can be composted such as tea bags, coffee grounds, apple cores and fruit and vegetable peelings.

A 2013 survey of household rubbish in Wiltshire showed that cooked and prepared food was the main type of rubbish.

Top Tips for No more Food waste

Tip Check your fridge and cupboards before heading out for your food shop. Make a list and buy what you need, be careful of BOGOF and similar deals that'll leave you with food you have to bin.

Tip Share your food; if you're going away with neighbours / friends / family, download the [OLIO](#) App and get sharing or if it's suitable donate to a local food bank.

Tip Can't have a composter at home and want to start growing your own veg, why not start a communal allotment plot, maybe someone you know has space? Or see if there is an [Incredible Edible](#) Patch close by. This reduces your time commitment, distance your food is transported and waste all at the same time!



Top Tips for no more food waste cont.

Tip Leave the skin on your veg! Scrubbing instead of peeling dramatically reduces waste and you get the added goodness.

Tip Understand food dates, know what you can freeze, getting your portion sizes right, plan your meals and using your left overs.

Tip Why not start a 'ifit night' (if its in the fridge or cupboard then use it) or 'left over 'Thursday'' (make a yummy meal using only leftovers on 'Thursdays').

Tip If you can't use up your left overs or want to use up someone else's then check out if there is a community fridge near you!

Tip Why not regrow your old vegetable ends Or use them as dog treats!

Tip Check out the Waste Less, Save More YouTube videos on how to efficiently store your food. This Nest & Glow video also gives great tips on storing fruit and veg.



@ICreativeIdeas.com
(Pinterest)

For more food waste tips check out [Love Food, Hate Waste](#), [WRAP Waste Less, Save More](#) and [BBC Good Food](#)

Composting

Some food waste is inevitable but by composting items such as fruit and veg peelings, tea bags (some contain plastic; check the packaging or contact the company for details), egg boxes and shells, you could reduce your rubbish a lot! **If** you can invest in a hot composter you can reduce your food waste to zero!

Hot composters take ALL cooked and uncooked food waste including meat, fish, bones, dairy products, vegetables and fruit, as well as garden waste, leaving you **with a great quality compost for your garden**. The Wiltshire Council subsidises the price of the Green Johanna hot composter - for more information, including the current price, please visit www.wiltshire.gov.uk/reducing-your-waste-and-composting

Wormeries

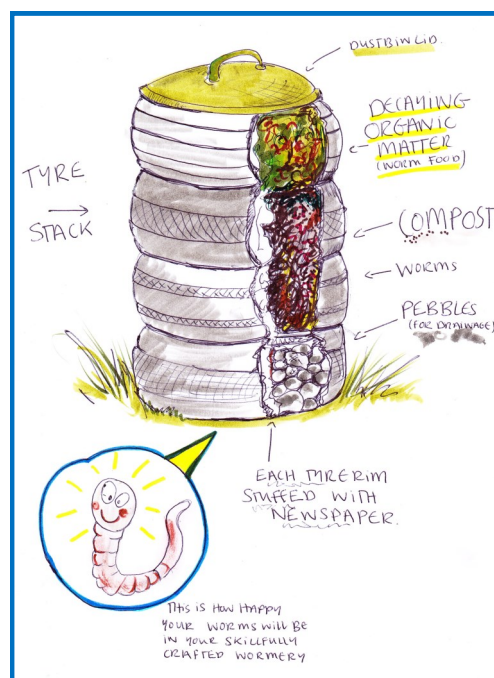
An alternative to a composter is a wormery, these are great especially if you lack space or have eager children who want to learn more. Fear not, they can be kept indoors or outside as they are odourless and hygienic.

- ♦ [How to make a wormery](#)
- ♦ [Buying worms](#)
- ♦ [Useful information](#)

Bokashi

Another indoors alternative is a bokashi; no worms needed and you can add all food waste, including citric, meats and fish, only no bones allowed.

- ♦ [Useful information](#)
- ♦ [Buying a bin](#)



It is recommended you join the [Bokashi UK FaceBook group](#) if interested for further support and advice.



Good WFF Spots to Know about in or near Wiltshire

We have created an [interactive map](#) of Good WFF Spots to Know which include those below - please send us any places we've missed

Here are a selection of shops that offer loose, unpackaged or refillable household goods or toiletries stations:

Plastic free toiletries at [Lush](#)—check out their Naked range, all containers used are recyclable back in store (Bath, Swindon and Salisbury).

Check out your local [Holland and Barrett](#) to see what 'loose foods' they sell, some stores sell healthy loose snacks such as nuts and dried fruits.

Take your own bags and fill your boots with rice, pasta, grains, muesli, pulses, herbs & spices, household cleaners and more at Trowbridge's new refill shop [We are Undressed](#)
[Christine's Sustainable Supermarket](#) in Bradford on Avon have a bring a box/bag scheme for refills including oats, rice, some dried fruit and snacks. Christine's also offers household cleaning and toiletries refills.

[Green Ginger Health Food Shop](#) is an independent health food store based in Corsham and stocking a huge range of organic foods and environmentally friendly household products – many of which are available as refills for your own containers.

[V & P Collins Farm Shop](#) in Bromham is a family run business producing and selling a wide selection of loose seasonable vegetables and potatoes and more. The shop also sells household cleaning refills.

[Healthy Life](#) in Devizes now stocks a range of cereals, grains, nuts and treats alongside household cleaning products that you can buy in your own refillable containers.

[The Little Eco Shop](#) is a new refill shop in Devizes helping you get towards zero waste! They sell loose baking goods, herbs and spices and more.

[Purton House Organics](#) sell lots of lovely veg and herbs loose, plus other items and have refill stations for household cleaning products.

&RWB shop



21





Good WFF Spots to Know about in or near Wiltshire

[Packaging Not Included](#) Wiltshire's first zero waste shop opened in 2019 and sells loose baking goods, tea and coffee plus cereals, pulses, pasta, oils, vinegar and loads more.

[Coconuts and Cotton](#) is a Plastic Free shop in Shaftesbury, offering a range of plastic free goodies and refillable cleaning and beauty products.

[GoodFayre](#) (formerly operating from their shop in Salisbury) sells an extensive range of unpackaged goods online including pulses, grains, nuts, oats, refillable household cleaners, natural (vegan) food wraps, natural and unpackaged toiletries.

For a variety of loose frozen and raw fruits and veg check out [Plank's Farm shop](#) in Lydeway, [White Row Farm](#) Shop in Beckington and [Hartley Farm](#) in Winsley.

[Wilton Wholefoods](#) in Salisbury sell foods such as rice, nuts, dry fruit and seeds- all in recyclable plastics. They also host a market stall on a Tues and Sat in Salisbury selling bulk bagged goods.

There are several shops selling a variety of plastic alternatives and packaged free goodies, a few to check out are [Tea Inc.](#), [No. 59](#), [Wild Food Company](#), [Fairfield College Farm shop](#) and [Swindon Pulse Wholefoods](#).

For milk refills go to [The Radnor Arms](#) in Semley, [Bird & Carter](#) in Wilton and [Nunton Farm](#) in Salisbury, [Walter Rose](#) butchers in Devizes or the milk round is making a comeback!
www.yourlocaldairy.co.uk

If you would like to see where your closest market is then check out the [Wiltshire Council website](#).



@Gemma Annan





Good WFF Spots to Know about in or near Wiltshire

There are a variety of online shops offering a variety waste free goods, here are a few...

[Plastic Free Pantry](#), [Ethical Superstore](#), [Boobalou](#) and [Splosh](#).

For additional nationwide stores offering similar goods check out

[The Zero Waster](#), and [Ecover Refill Stations](#)

Please let us know if you come across any other good-to-know spots selling loose foods, refillable or plastic free toiletries and household goods etc.



@Gemma Annan



Handy Tips

The Lowdown on Biodegradables & Compostables

Buying biodegradable or compostable packaging/products is not always the greener option, if you are putting them in the bin after use they will end up in landfill or as energy from waste. Biodegradable and compostable items need specific conditions to break down and cannot usually be put in your household recycling or green waste collections. If left in the environment they could cause damage to wildlife, i.e. some 'biodegradable' options still contain plastics, leaving micro plastics when they start to break down.

The logos explained...



Compostable

Products bearing this seedling logo are **industrially compostable**. Wiltshire don't currently have a collection service to dispose of these products. Please don't place compostable plastic into the recycling with other plastics as it is designed to break down it cannot be recycled and contaminates recyclable plastics.

Compostable means that it can biodegrade in under twelve weeks in industrial composting.



Home composting

If you see this logo the product is suitable to be home composted. N.B. it may take at least twelve months to compost down in a well managed compost.

The term **Biodegradable** is meaningless without saying the timescale or conditions in which something can biodegrade - wood is biodegradable, but a log cabin can stand for generations! Items often don't biodegrade in water and are more likely to be littered.

A word on Ecobricks - this new phenomenon has been sweeping the nation but some words of caution... if you are going to make them 1) follow [this guidance](https://www.ecobricks.org) to make a good Ecobrick and 2) only make them if you have a use for them or know of a good local project collecting them. Otherwise they're just rubbish in a recyclable bottle! This website is helpful www.ecobricks.org





Handy Tips

Biodegradables & Compostables Tips Cont...

- Tip** If 100% compostable packaging is an option and isn't too ££ choose it as it helps show demand for further industrial composters and collection services.
- Tip** Degradable does not mean biodegradable - degradable carrier bags from Tesco and Co-op do not compost
- Tip** Compostable packaging from Sainsbury's and Marks and Spencer can be put in a home compost bin.
- Tip** Instead, when you buy plastic items get those made out of recycled plastics, for example bin bags, rather than biodegradable so that fewer resources will be used.

General Handy Tips

- Tip** Avoid *single use plastics* - look for sustainable alternatives, e.g. toothbrush with changeable heads, reusable bags / straws / cups / water bottles / fork & knife sets, reusable alternative to cling film such as beeswax wraps, silicone lids, or bowl covers.
- Tip** Buy products made from by-products such as [reusable cups made from rice husk](#).
- Tip** When shopping take Onya bags or similar to collect *loose fruit, veg and cereals*.
- Tip** Take your own container to the deli counter for unpackaged cheese, fish and meat.
- Tip** Save plastic by filling up toiletries and household products in *re-useable bottles or buy in bulk*, could you share a bulk buy with friends and family?
- Tip** When *shopping online* request minimal packaging or name and shame offenders.
- Tip** Glass is a better option than plastic; when recycled, plastic is generally downcycled (meaning it loses quality quickly so cannot be remade into the same product again), whereas glass keeps its quality for infinity. But make sure you reuse glass as much as possible before recycling.





Handy Tips

Tip Many *make-up* products are non recyclable so why not make your own? There are great online recipes to help you.

Tip For *lady goods* check out the incredible [Mooncup](#) which is not only environmentally friendly but it helps ease period pain! Otherwise reusable cloth sanitary pads offer a good alternative to disposables.

Tip *Pet waste*—Disposing of pet waste and sustainable alternatives for your beloved pets is a challenge. Try looking for paper bagged foods and treats (or [make your own](#)), take your own containers to the butchers for meaty/fishy treats. If you can't avoid plastic buy in bulk rather than in small individual bags, this includes bird seed too (remember if its stretchy plastic recycle it in your local plastic bag recycle point).

If you have furry little pets that eat greens then this is a great way to use up food waste or go to your local market at the end of the day and see if you can scrounge some leftovers.

When it comes to cleaning up their natural waste why not try a [Clean Green Dog Loo](#) and use poo bags made from recycled plastics; biodegradable bags do not always break down, some taking over a year to do so if they do at all! [Here](#) is some good info on being a super scooper.

Pet fur and hair is compostable or leave it out for the birds to use as nesting materials.

Tip If *something is broken*, don't throw it, fix it - see if there is a [Repair Café](#) near you or get on YouTube for tutorials to fix yourself - if it's safe to do so, no electrocutions please!

Tip To avoid buying plastic bottled water download the [Refill App](#) and refill your refillable bottle from numerous cafes/restaurants around the country. Any café, shop or business displaying the Refill sticker welcomes you to go in and fill your bottle up for free!



Handy Tips

Tip [Avoid microbeads](#), these are tiny balls of plastic put in toiletries to add exfoliation and texture but they often end up in the sea, NEVER biodegrading! Microbeads should not be sold in the UK anymore but you may still see them for sale abroad. Be aware and buy micro-beadless products; ingredient names to avoid are polyethylene, polypropylene, polyethylene terephthalate or polymethyl methacrylate. The App [Beat the Micro Bead](#) allows you to scan barcodes of questionable items and check to see if they contain microbeads.

Tip To deal with your **babies natural waste** how about giving reusable nappies a try? We support a Real Nappy Network scheme in Wiltshire which can lend you a four week trial kit with advice from one of our lovely volunteers. Contact volunteers directly on FaceBook—[Bottom Fluff of Wiltshire/Real Nappy Network Reusable Cloth](#) nappies or email nappies@wiltshirewildlife.org for more info. If you're not in Wiltshire then find your closest [Nappy Library](#) or Sling group to get further advice.

A great website for alternative baby gear is—[Little Captain Essentials](#).



@Diaryofafirstchild.com

Tip [Write or Tweet](#) - social media makes your concern public - to your local supermarket/or the specific brand to complain about the difficulty you are experiencing in buying unpackaged goods, supermarkets listen to pressure so apply it where necessary! Equally, tag stores and brands congratulating them on actions they've taken to reduce waste or sue more recyclable materials.



Handy Resources

[WWT Green Living](#)

[Wiltshire Council Rubbish and Recycling](#)

[Recycle Now](#)

[Love Food, Hate Waste](#)

[WRAP](#)

[Sustainable-ish](#)

[Plastic Free July](#)

[zerowasteweek.co.uk](#)

[My Make Do and Mend Life](#)

[The Incredible Edible Project](#)



@Kansas City infozine



@Harvest Natural Foods

Thank you for caring and we wish you the best of luck!



@SlimBinsWilt



Waste Free Feb &
Sustainability at Wiltshire Wild-



@Wiltswildlife



@Ralph Harvey, WWT



Quick tips

9 TIPS FOR LIVING WITH LESS PLASTIC



1 Bring your own shopping bag



2 Carry a reusable water bottle



3 Bring your own cup



4 Pack your lunch in reusable containers



5 Say no to disposable straws & cutlery



6 Skip the plastic produce bags



7 Slow down and dine in



8 Store leftovers in glass jars



9 Share these tips with your friends

**LESS
PLASTIC.**

WWW.LESSPLASTIC.CO.UK

Quick tips

9 MORE TIPS FOR LIVING WITH LESS PLASTIC



1 Clean your home with natural ingredients



2 Swap bathroom bottles for soap bars



3 Use natural oils to cleanse & moisturise



4 Ladies, discover the mooncup!



5 Invest in a stainless steel razor



6 Choose plastic-free natural deodorant



7 Brush with bamboo



8 Avoid synthetic clothes, they shed microfibres



9 Buy local & request plastic-free packaging

LESS PLASTIC.

WWW.LESSPLASTIC.CO.UK



One last thing...

There are two posters at the end of this guide which we encourage you to print and ask any business promoting waste free living (already doing so or willing to make a change which does so) to complete the poster and display to staff and customers. Example's of promoting waste free living are:

Only giving straws when requested, encouraging customers to **BYO** (bring your own) tubs, cups etc., using paper bags, selling refillable household detergents, selling loose foods/ and selling bulk bags etc.....

Please take a photo of the displayed poster and tag us on social media, we will share and promote the business taking part

We also have stickers you can request from us to put in the windows of local shops helping their customers to reduce waste - and help more people take on the Waste Free Feb challenge!





We're *already* taking part in **Waste Free Feb** by...



#Wastefreefeb

Join the movement and take on the challenge



Waste Free Feb and @WiltsWild



@WiltsWildlife





We're taking part in Waste Free Feb by...



#Wastefreefeb

Join the movement and take on the challenge



Waste Free Feb and @WiltsWild



@WiltsWildlife

