

# SAVE OUR PLANET



## Limpley Stoke and Freshford

Two plastic waste reduction tips for January, provided by SaveOurPlanetLSF:

### 1. Stock Up



Stock up in zero waste shops. Take bottles and buy refills of washing up liquid, shampoo, conditioner, shower gel, washing liquid, hand soap etc.

Take brown paper bags with you and buy pulses, nuts, pasta and other dry goods loose.

Shops which offer zero waste items include:

We Are Undressed in Trowbridge for refills, dry goods and non-plastic cleaning products.

Christine's in Bradford on Avon for toiletry and cleaning refills and dry goods.

Harvest in Bath for refills and dry goods.

Hartley Farm for refills, plus meat and fish wrapped in waxed paper

Waitrose for fish wrapped in waxed paper and garden compostable cornstarch bags for loose vegetables.

### 2. Pulses



Buy larger quantities of loose pulses in paper bags. Boil and freeze them in meal-sized quantities in glass jars. This excludes the need for aluminium tins or plastic packaging.

*Please send in your tips with a photo if possible; we need them! Contact [SaveOurPlanetLSF@gmail.com](mailto:SaveOurPlanetLSF@gmail.com) and also request to join our WhatsApp group which now has a community of 80+ members.*

*Provided by SaveOurPlanetLSF community*

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Here are two plastic waste reduction tips for November, provided by SaveOurPlanetLSF:

### 1. Tea Bags



These brands are plastic-free, therefore safe to compost: Clipper, Pukka, Teapigs, Twining Pyramid, Waitrose Duchy, available at The Galleries/ supermarket. Other companies are working on polypropylene-free bags. Yorkshire Tea is aiming to be free by the end of the year, but not yet!! Loose tea is the obvious option for your compost.

### 2. The Bathroom

Shampoo & conditioner plastic bottles can become a distant memory by using shampoo/conditioner bars. There is a huge choice on the market on which we need feedback, so if you have found a good one please let everyone know by using The PostATipWhatsApp or SaveOurPlanetLSF@gmail.com

The team trialled Friendly Shampoo Bar but not keen, whilst Ethique shampoo bars from Holland & Barrett proved excellent & last months! One of our community reported their Lush bar had lasted a whole year

Some people reported that they fill up their shampoo bottles in Christine's, BoA. Hartley Farm recently started doing refillables too!



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### CHRISTMAS ZERO WASTE TIPS

#### 1. Wrapping Paper

No need to be ashamed of your Christmas rubbish ever again! Here are some beautifully wrapped gifts using biodegradable, upcycled or compostable materials without creating thousands of tonnes of waste.



#### 2. Cards

According to Friends of the Earth an unbelievable 1.5 billion Christmas cards are thrown away by UK households each year. E-cards (sent online) are an increasingly popular alternative. Make your own or buy from a charity. They cut your carbon footprint, save trees and save money (which you may choose to donate). Christmas cards from recycled card can be recycled again as gift cards.

#### 3. Christmas Tree

Buy a growing tree in a pot to reuse year after year, or look for the FSC certification logo (certified as organic

and pesticide-free), or the Soil Association logo. Most councils have allocated locations where people can leave their tree for recycling. The trees are made into mulch or compost.

#### 4. Gift for the planet or an experience

A plant, tree, meal, season ticket, theatre, pampering session, gallery... Remember online shopping fills our roads with CO<sub>2</sub>.



#### 5. Christmas Crackers

Spend a happy day with the kids using up scrap or brown paper & making up jokes, & use plastic-free gifts! They love it! Snaps & brown paper from Hobby Craft.

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### A GUIDE TO PLASTIC PACKAGING





billion metric tons has been produced, but only **nine percent has been recycled**. Instead 79 per cent is thought to end up in landfill or in the natural environment as litter.





 REFUSE

 REUSE

 GARDEN COMPOSTABLE - eg Waitrose's corn starch bags on their vegetable counters.

 COMPOSTABLE - some items are only compostable in an industrial composter and, even then, some items might not be fully digested.

 BIODEGRADABLE - this one is dodgy because everything is biodegradable eventually, even a wooden house, but biodegrading can take anything from weeks to thousands of years. This label is one to be suspicious of!

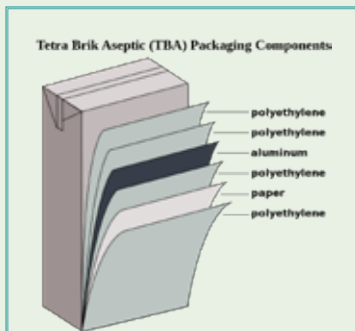
 RECYCLABLE? - Not everyone is enthusiastic about recycling plastics, which requires energy (often from fossil fuels) and allegedly releases carcinogenic dioxides into the air. You may be aware of the local outcry about the new Westbury incinerator. It is estimated 75% of people recycle, 8.3


 SINGLE-USE -

eg ready-meal black plastic trays, crackly plastic bags (even those inside boxes of biscuits), take-away boxes, straws, water/ oil

bottles, cling film, cutlery, coffee cups with plastic lids, pet food pouches. According to Wiltshire's End Use Register, 52.4 per cent of plastic is still exported, whilst only 16.2 per cent is made into 100 per cent secondary raw materials.





 TETRA-PACKS - are produced using virgin wood, new plastic and aluminum and the component parts have to be separated to be recycled using a lot of energy. The recycled parts cannot be used to make new packaging. Buy milk or orange juice in reusable glass bottles if possible.

The United Nations Environment Programme provides a useful document on single use plastics

which can be downloaded from the internet on: [https://wedocs.unep.org/bitstream/handle/20.500.11822/25496/singleUsePlastic\\_sustainability.pdf?isAllowed=y&sequence=1](https://wedocs.unep.org/bitstream/handle/20.500.11822/25496/singleUsePlastic_sustainability.pdf?isAllowed=y&sequence=1)

Wiltshire County Council provides a useful spreadsheet showing which packaging is exported overseas and those which are recycled locally or nationally. It is available online at

<http://www.wiltshire.gov.uk/downloads/15071>

*Provided by SaveOurPlanetLSF community*

## INFORMAL CLIMATE MEETINGS

A series of informal community Climate Crisis chats will be held in the upstairs room at The Inn at Freshford. The talks are being supported by Limpley Stoke Parish Council. Join us for a drink from 7.30pm on and stay on for a bite to eat after the talk. Food and drink purchased from the bar.

**FEBRUARY Wednesday 26th: ASH DIEBACK Sarah Fraser.**

**MARCH Wednesday 25th : REWILDING David Green Ecologist**

**APRIL: TBA WILTSHIRE COUNTY COUNCIL WASTE RECYCLING**

**MAY: TBA WOODLAND TRUST**