



living without single-use

PLASTIC



**AN ESTIMATED 300 BILLION
PIECES OF PLASTIC ARE
FLOATING IN THE ARCTIC OCEAN.
PLASTICS ARE SOME OF THE MOST
LONG-LASTING MATERIALS IN
EXISTENCE.**



Welcome

At the Marine Conservation Society (MCS) we have a vision of a world where plastics don't end up in our seas and on our beaches.

We use single-use plastic for just about everything, from brushing our teeth and showering, to buying and storing our food. It's durable and lightweight, but it's these properties that allow it to persist in the environment for hundreds to thousands of years, impacting our wonderful marine life.

**We need to reduce our
dependency on single-use
plastic.**

We've come up with some simple lifestyle changes you can make. We hope you find these top 20 tips useful!



Dr. Laura Foster
Head of Clean Seas, MCS

At the shops...

- › Get a reusable bag or make your own!
- › Use your own containers at meat, cheese and fish counters
- › Take small reusable bags for fruit and veg
- › Get your bread from the bakery section

DIY Cotton shopping bag

This couldn't be easier - all you need is some fabric scraps and needle and thread.

See the tutorial at www.mcsuk.org/plasticchallenge

On the go...

- › Refuse straws
- › Use a reusable coffee cup
- › Get a reusable water bottle
- › Take a packed lunch

RECIPE Homemade crisps

Boil thinly sliced potato for 3-5 minutes. Drain well, combine with oil and mix salt, pepper and either garlic, oregano or basil. Place on a greased baking sheet in one layer and bake for around 15 minutes until golden brown and crispy.



**PLASTIC BAGS RECORDED ON
UK BEACHES HAVE REDUCED
BY 22% SINCE THE CHARGE WAS
INTRODUCED IN 2011. WE ARE
MAKING A DIFFERENCE!**



**SOME AREAS OF OUR OCEAN
CONTAIN SIX TIMES MORE
MICROPLASTICS THAN
PLANKTON. BUT UK
GOVERNMENT IS LISTENING -
MICROBEADS ARE TO BE BANNED
IN WASH-OFF COSMETICS.
WE ARE MAKING CHANGE!**

In the bathroom...

- › Use soap bars instead of handwash
- › Make your own mouthwash
- › Find shampoo, conditioner, moisturiser and deodorant in bar form!
- › Look online for unpackaged loo roll

RECIPE Mouthwash

DIYNatural suggests using an airtight jar, with half a cup filtered water, 2 tsp baking soda, 2 drops tea tree essential oil, and 2 drops peppermint essential oil and give it a good shake before use.

In the kitchen...

- › Grow your own salad and herbs
- › Get cannelloni and lasagne sheets in cardboard boxes
- › Buy squash in glass bottles
- › Get a milk delivery

RECIPE Oven cleaner

Cleverly suggests adding baking soda and water to an oven proof bowl, then slowly add some vinegar. Spread this over the inside of your oven, then put the bowl and remaining mixture into the oven and turn it to 100°C. Leave for 45 minutes, then wipe away with just a cloth!

In the cleaning cupboard...

- › Baking soda and vinegar can be used to replace all sorts of cleaning products
- › Use refillable detergent bottles
- › Use a refillable washing-up liquid bottle
- › Use coconut hair scourers

RECIPE Window cleaner

Greenclean have tried many recipes and the best they've found is filling a re-used sterile spray bottle with $\frac{1}{4}$ white vinegar, $\frac{3}{4}$ warm water, 1 drop lemon essential oil, 1 tsp eco-friendly washing up liquid.

Want more tips? Have a tip to share?

Be part of the community on the online tip swap!

www.mcsuk.org/plasticchallenge

Join a Beachwatch beach clean!

Not only will you clean-up the beach, you'll record the litter you find there. This vital data fuels our litter campaigns to stop it getting there in the first place.

Find a beach clean near you:

www.mcsuk.org/beachwatch



**MORE PLASTIC THAN
FISH IN OUR SEAS A
POSSIBILITY BY 2050.
DO YOUR BIT AND REDUCE
YOUR PLASTIC USE!**

Live single-use plastic-free with the Marine Conservation Society.

These products are not only good for our seas, proceeds go to the Marine Conservation Society!



Chilly's steel re-usable bottles



Bamboo toothbrush



Tote bag



Organic cotton campaign t-shirt



Bees Wrap® sandwich wrap



Jute bag

Get these and more at www.mcsuk.org/shop

plastic challenge

Join us this July!

Could you take on the ultimate lifestyle challenge and live without single-use plastic for a day, a week or a month?

1st - 31st July

Sign up to receive tips and advice at www.mcsuk.org/plasticchallenge

“Our planet is becoming poisoned by plastic. The vast amount in our oceans has become an environmental emergency as a direct result of our throwaway society. That’s why I’m supporting the Marine Conservation Society’s Plastic Challenge. Don’t just get depressed about plastic - stop using it!”



Simon Reeve

TV presenter, bestselling author & MCS Ocean Ambassador



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