

## 10 Ideas to help reduce plastic use at home and in school!

Use these ideas to spark a discussion in the classroom. Set your students a challenge to see if they can come up with another 5 plastic reduction solution they could implement at home or at school!

We know there are definitely more ways we can all be resourceful and do our bit to be more environmentally friendly to protect this amazing world we live in!

### 1 Use an environmentally friendly toothbrush

Are you still using plastic disposable toothbrushes? They aren't single use plastic, but they add up considering we need to change them every few months and everyone you ever used still exists today. So why not ask Mum and Dad to swap to an environmentally friendly toothbrush. The plastic bristles can be plucked out and the bamboo handle will biodegrade.

### 2 Use newspaper instead of plastic bin liners

When you buy bin liners, you are literally spending money on rubbish, but not only that, they are super bad for the environment. You can fold the newspaper like origami to make a cool looking liner. Use one of your art lessons to teach students the art of folding paper and making something useful!



### 3 Turn an old t-shirt into a shopping bag

Green shopping bags need to be reused a few hundred times to counteract the impact of producing them. Making your own from favourite old t-shirts (no sewing required) is a great alternative, and it's free. A great project for all students to make in the classroom!



### 4 Minimise plastic wrapping

Find plastic wrapping free toilet paper, look for businesses that specialise in this and will deliver toilet paper to your door!

### 5 Take a classroom pledge

Get in a group with your friends at school and take a pledge to reduce plastic – at home and school! It might be simple as saying No to plastic wrapped foods in the lunchbox!

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### 6 Encourage your parents to Join a Facebook

It might not seem an obvious action but search for plastic free or zero waste groups and find one to join. They are full of other like minded people trying to reduce their plastic and are useful for asking questions and gaining some inspiration on reducing plastic.



### 7 Plant some herbs!

Not only will you have instant access to fresh herbs, you can avoid the plastic packaging and many herbs can be grown . Try basil, Rosemary or thyme. Or set up a community garden at your school.



### 8 Avoid plastic toys

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### 9 Bring a bottle

Buy a bottle that you can bring to a convenience store for your slushies, rather than wasting a single-use cup. Many convenience stores sell bottles specifically for slushies.



### 10 Use different cutlery

Look at introducing bamboo, wood, paper or biodegradable cutlery in your school canteen instead of plastic cutlery that ends up in the bin after it is used!

