

Minimising everyday single-use plastics

Online you can find a good range of plastic-free alternatives for the home/cleaning/self-care at ethicalsuperstore.com and biggreensmile.com.

Locally, **Scoop & Spice** in Winscombe will fill your own containers with various foods, including rice, pasta, lentils, dried fruit and coffee. In Weston-super-Mare, **Replenish** (replenishweston.co.uk) offers a slightly wider range of loose products including sugars and flours.

* Microbead-free, cruelty skincare & cosmetics

Lush uk.lush.com

Search for 'naked' products to find solid alternatives without any plastic packaging, including shampoo, conditioner and deodorant.

* Dental hygiene

- Toothpaste in aluminium tubes **Weleda** weleda.co.uk
- Bamboo and cornstarch toothbrushes are available from Humble, Environmental Toothbrush, Jack n Jill, and Nordics.
- Silk dental floss in a refillable metal container **Le Negri** cocoocenter.co.uk
- Silk dental floss in paper packaging **Radius** madebyradius.com

* Recycled toilet roll & kitchen roll in compostable packaging

Ecoleaf from Suma suma.coop

* Plastic-free, environmentally friendly dishwasher tablets

Ecoleaf from Suma suma.coop

* Cotton buds with paper stalks, not plastic

Simply Gentle simplygentle.co.uk

Available from Amazon, Ocado, Ethical Superstore & Big Green Smile.

* Avoiding cling-film

- Beeswax and cotton wraps are a good reusable alternative for sandwiches and foods that don't need to be stored for very long **Abeego** abeego.com
- Plates over ceramic and glass bowls work just as well! Place a damp cloth between the plate and bowl for a tighter seal.

* Laundry

Choose powder instead of liquids, or refill Ecover at Scoop & Spice, Winscombe.

* Cleaning

Citric acid removes limescale and soap scum, bicarbonate of soda is an abrasive alternative to microbeads, and vinegar is a good natural disinfectant. BUT don't use bicarb and vinegar together as they just neutralise each other.

Choose cotton cloths and bamboo scrubbing brushes over plastic sponges and scourers.

* General shopping

- Find butter in paper wrappers (which can be commercially composted but not recycled due to the fat content). Waitrose's 500g packs are in paper as I think are those from Sainsbury's.
- Barilla spaghetti comes in minimally plastic packaging.
- Most teabags are sealed using microplastics. So far I haven't found a plastic-free alternative...
- Say no to straws, coffee cups, plastic bags and water bottles – buy one reusable alternative and carry it with you wherever you go!
- *We could set up a local buying cooperative to save on delivery costs from online stores.*