



Reduce Plastics at Home and on Campus



Review

- Consider what you buy carefully: packaging options, zero-waste or second hand shops.
- Start cooking from scratch.
- Optimise your recycling strategy.
- Consider swaps, donations, reselling.



Reduce

- Avoid single-use plastic: wipes, disposable cutlery, cups, bottles...
- Choose products with no or less packaging.
- Negotiate packaging options with online suppliers.



Reuse

- Use reusable bag, cup, cutlery, bottles, takeaway boxes.
- Repurpose tubs and punnets (for kitchen, office, garden).
- Repair and tackle stubborn fabric stains.
- Can someone else use it?



Refill

- Our 'Refill' app finds places that fill up your water bottle for free.
- Zero waste shops such as 'Want not Waste' have many refillable items.



Replace

- Replace single use plastic with reusable and sustainable alternatives e.g. cutlery, water bottles and coffee cups.
- Consider the full environmental life cycle of the alternative.



Recycle

- Think of waste as a resource.
- Follow 'Recycle4GM' for Manchester recycling details.
- Recycle carrier bags and soft plastics @supermarkets points.
- Check TerraCycle (@Want not Waste) and other shops collection points to recycle other plastic items.



Scan the QR code for more detailed information and tips