

## 8 things you can do to make October a bit more plastic free



Make **fresh squeezed juice or eat fruit** instead of buying juice in plastic bottles. It's healthier and better for the environment.

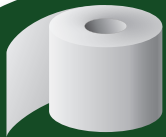
Every little bit helps!



Get organised with a **reusable water bottle and coffee cup**. Give up water in plastic bottles.



The rise in **Coffee pods** is very bad news. Use one of the many other methods of making coffee.



**Toilet paper:** go to the Contact Us page of the company whose toilet paper you buy and ask them to start packing the rolls in paper.

soap

Switch from **liquid soap, shower gel and shampoo** to solid versions which aren't plastic packed. Available from Heaven & Earth, Preston Street.



**Fruit & vegetables:** Can you buy the same thing loose? If not, ask why not and try another shop.



**Plastic toys:** Buy secondhand at charity shops & boot fairs, or let's start a toy library in Faversham!



**Take your own containers:** You can use your own containers at the meat, cheese and fish counters, including several of the large Faversham supermarkets!



Also see: [www.friendsoftheearth.uk/plastics/living-without-plastic](http://www.friendsoftheearth.uk/plastics/living-without-plastic)

Why not get involved? **Come and join us: [www.plasticfreefaversham.co.uk](http://www.plasticfreefaversham.co.uk)**

## EVENTS: HOW DID WE DO?

### THE HOP FESTIVAL:

After supporting Shepherd Neame's successful reusable cup trial last year, this year we created our own reusable cup, in partnership with Boutilliers, Mad Cat, Furlongs and the Corner Tap. It was difficult to gauge what the demand would be. We thought we were being optimistic ordering 3000 cups between us. However, Plastic Free Faversham sold out of our 1100 cups within 3 hours of setting up on the Saturday and our partners' had all pretty much gone by Sunday morning. It shows there's a genuine enthusiasm from the public to do something about plastic waste. Some brave volunteers, also carried out extensive 'bin analysis' to inform us about the kind of rubbish going into general waste – solid evidence to approach the council next year about recycling points. We also visited a number of traders to try and gauge what kinds of receptacles and cutlery were being used to distribute food and drink. This year was very much about gathering data to hopefully move things forward again next year.

### THE MASS UNWRAP:

To mark World Cleanup Day on Saturday the 21st of September, shoppers in Faversham were encouraged to hand back packaging at Sainsburys and Morrisons, to highlight how much of what we buy is unnecessarily wrapped in plastic. Tesco was also approached but declined to take part in the event. In total almost 100 people took part in the Unwraps and over 300 pieces of single-use plastic packaging were unwrapped and handed back to supermarkets to recycle. Shoppers came prepared with their own reusable containers, baskets and bags to decant their products, from fruit and veg to pasta, juice and even meat.

Shoppers said:

"I have three grandchildren and I don't want them to grow up in a world full of plastic rubbish."

"It has been absolutely brilliant and brilliant of Sainsburys to be open to this. Thank you!"

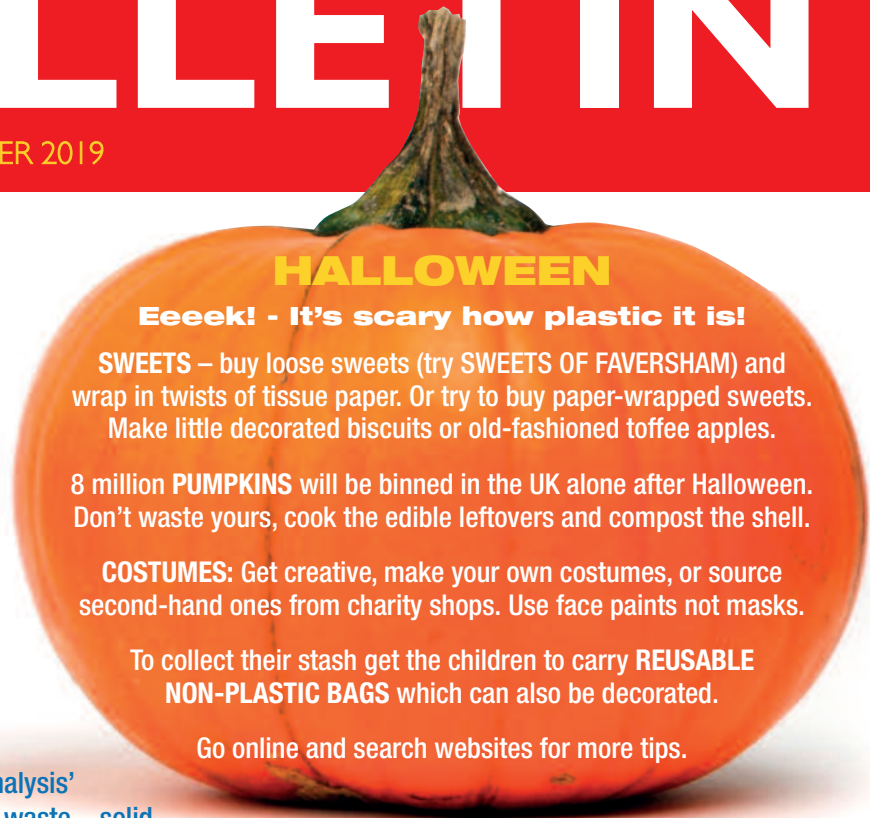
"Why are bananas still being sold in plastic bags?"



It was a fantastic event. We are definitely planning to run more in future so if you are interested in supporting or taking part please get in touch!



[plasticfreeaversham.co.uk](http://plasticfreeaversham.co.uk)



## HALLOWEEN

**Eeek! - It's scary how plastic it is!**

**SWEETS** – buy loose sweets (try SWEETS OF FAVERSHAM) and wrap in twists of tissue paper. Or try to buy paper-wrapped sweets. Make little decorated biscuits or old-fashioned toffee apples.

8 million PUMPKINS will be binned in the UK alone after Halloween. Don't waste yours, cook the edible leftovers and compost the shell.

**COSTUMES:** Get creative, make your own costumes, or source second-hand ones from charity shops. Use face paints not masks.

To collect their stash get the children to carry **REUSABLE NON-PLASTIC BAGS** which can also be decorated.

Go online and search websites for more tips.

## NEXT EVENT COMING UP: FAVERSHAM TREE PLANT PROJECT: 22, 25 & 26 OCTOBER



Come along and say hello to us on one of our stalls in the market place on Tuesday 22nd, Friday 25th & 26th October where we will be encouraging you to Pledge to Plant – just one tree for Faversham, and for the planet! We will have advice on the best tree to buy for your garden – or we will be able to suggest other ways to plant if you don't have a garden!

### Drawing Competition:

Ask your children to draw their favourite tree and bring it along to our stall on the 26th to be in with a chance of winning a lovely eco prize!

**Come on Faversham! Pledge to Plant!**

## WHAT IS TERRACYCLING?

TerraCycle Centres take those tricky things that can't go in your regular recycling bin. There is much work to do getting a central point for all these things, but in the meantime here is where you can dispose - guilt free - of things that would otherwise go to be incinerated.

- Toothpaste tubes & toothbrushes - HERNHILL SCHOOL
- Confectionary/chocolate wrappers - TIDES CAFE
- Crisp packets - MACKNADE, EDIBLECULTURE, 12 MARKET PLACE, BAPTIST CHURCH, TIDES CAFE
- Biscuit wrappers - BAPTIST CHURCH
- Contact lenses - OPTIMA OPTICIANS
- A PFF member, Killara Burn, will collect plastic pet food pouches and bags, any size. Please hang on her front door: 19 Athelstan Road Faversham ME13 8QL. They must be washed and dry.