

# Challenges for Individuals

Easy – Medium – Challenging



Corsham  
Climate Action  
for a greener future



The plastic problem:	What to do:	Local knowledge and tips:
<b>Plastic bags</b>	<ul style="list-style-type: none"> <li>* Recycle all of the plastic bags you have</li> <li>* Buy a cloth bag and always carry it with you</li> <li>* Refuse plastic bags, even if it means you are unable to complete your shop that day</li> </ul>	Corsham Co-op and Corsham Recycling Hub for recycling
<b>Fruit and vegetables</b>	<ul style="list-style-type: none"> <li>* Opt for loose fruit &amp; veg and never put it in a plastic bag</li> <li>* Refuse packaging at shops by taking goods out and leaving it with the shop</li> </ul>	May's Greengrocer's
<b>Refill products</b>	<ul style="list-style-type: none"> <li>* Switch to refillable products, e.g. washing up liquid</li> <li>* Always remember your refillable bottles</li> </ul>	Green Ginger offer lots of refills Did you know? Refills are often cheaper than buying new
<b>Reusable food containers, e.g. for meat, cheese</b>	<ul style="list-style-type: none"> <li>* Ask shops to put your goods into your own container</li> <li>* Always remember your containers when shopping</li> <li>* Refuse plastic wrapping wherever possible</li> </ul>	Toby Haynes Butchers Green Ginger
<b>Hot and cold drinks</b>	<ul style="list-style-type: none"> <li>* Buy a reusable water bottle and hot drink cup</li> <li>* Ask in cafes/restaurants for your drink to be in a glass</li> <li>* Reduce consumption of soft drinks or buy in glass and recycle</li> <li>* Write to the Council to ask them to provide a public water fountain</li> </ul>	Did you know? Download the Refill app to find local businesses who will refill your reusable water bottles for free and businesses who will fill your reusable mugs when purchasing coffee
<b>Reusable straws</b>	<ul style="list-style-type: none"> <li>* Request to not have a straw when ordering your drink</li> <li>* Carry your own straw</li> <li>* If given one, refuse it and explain why. Ask the owner to supply paper straws</li> </ul>	Did you know? You can buy your own reusable straws made from bamboo or stainless steel
<b>Food on the go</b>	<ul style="list-style-type: none"> <li>* Ditch cling film and use your own reusable container for lunch/snacks on the go. Take your own cutlery</li> <li>* Buy snacks in bulk and decant into your own containers</li> <li>* Make your own beeswax cloth wraps for sandwiches</li> </ul>	Tip: your container could be plastic as long as it can be washed and reused. Always look for BPA free plastic – numbers 1,2,5 on recycling info.
<b>Single use sachets of sauce</b>	<ul style="list-style-type: none"> <li>* Refuse them! Hand them back and explain why</li> <li>* Ask the cafe/restaurant owner to provide sauces in saucers, bottles or jars</li> </ul>	
<b>Cleaning products</b>	<ul style="list-style-type: none"> <li>* Stop using single use products, e.g. disinfectant wipes. Look for reusable or refillable alternatives</li> <li>* Buy products in non-plastic packaging, e.g. laundry powder in cardboard box</li> <li>* Make your own cleaning products</li> <li>* Invest in washable cleaning cloths/sponges</li> </ul>	Green Ginger Did you know? Vinegar, water and lemon (50:50 with juice of 1 lemon) makes a very effective all-purpose cleaner. Combine this with washable cloths and save money!
<b>Beauty products</b>	<ul style="list-style-type: none"> <li>* Use refillable products, e.g. shampoo</li> <li>* Use bars of soap rather than liquid soap</li> <li>* Buy non-plastic alternatives, e.g. bamboo toothbrushes</li> <li>* Make your own deodorant and moisturiser</li> </ul>	Green Ginger Did you know? You can buy shampoo soap bars which are just as good as liquid shampoo
<b>Milk containers</b>	<ul style="list-style-type: none"> <li>* Opt for waxed card or glass bottled products</li> <li>* Have your milk delivered in glass bottles</li> <li>* Make your own nut milk</li> </ul>	Planks Dairies
<b>Pet waste</b>	<ul style="list-style-type: none"> <li>* Use biodegradable/compostable bags</li> <li>* Set up a pet poo composting system at home</li> </ul>	Green Ginger
<b>Bin liners</b>	<ul style="list-style-type: none"> <li>* Opt for biodegradable/compostable bags</li> <li>* Use newspaper to line your bins</li> </ul>	Green Ginger

**Our advice:** start by changing 1 thing and build up!

Simply get into the habit of looking for non-plastic alternatives, it will soon become automatic.

**Want to do even more?**

- Write to your supermarket or company to request the option to have no plastic packaging.
- Join Corsham Climate Action! Investigate local and national groups that are taking action.