

The 5 R's to #PreventingPlasticPollution

Refuse



Which plastic items can you avoid? Is there an alternative? 1/3 of plastic is produced for the packaging industry (much of it is single-use).

1



Reduce

Plastics which accumulate in our environment like microplastics released from synthetic fibres when we wash our clothes.

2

Re-use



Choose options with a longer-term use like re-usable bottles and coffee cups, upcycle and shop second hand if you can.

3



Repair

Can an item be repaired instead of thrown out? Check warranties, find a repair café or get the sewing kit out to give clothes a new lease of life.

4

Recycle



When there are no other options: recycle. Not all plastics are recycled equally, so check your local recycling options.

5

Want to find out more? Sign-up to the PPP newsletter or visit our website for info and tips on preventing plastic pollution