



How to reduce your packaging waste?

Some context

Each year **over 10 million tonnes of packaging waste** is generated by UK industry, commerce and households. Not recycling costs the UK £78 million a year.¹

Worldwide 1 million plastic bags and 1 million plastic bottles are **sold every minute**.² Reducing and reusing is the best way to minimise your packaging waste.



Did you know?

- Nearly **half of all** plastic ever manufactured has been made since 2000.³

What you can do



- **Soap and shampoo bars** are compact, so they produce fewer emissions during transport than their liquid equivalents. They are usually sold in very little to no packaging.



- **Reusable facial pads** are machine washable and you can use them for hundreds of times to wash your face or remove make-up.



- Preparing food and bringing it to campus in **your own box** reduces packaging waste as well as your costs.



- **Tote bags** are an easy way to reduce the amount of plastic you use.
- Carry around your **reusable bottle and cup** everywhere you go to ensure that you never need to use disposable ones again.



- Single-use cutlery is not recyclable, so we recommend keeping a set of light **reusable cutlery** in your bag.

- Most menstrual products contain plastics. The **menstrual cup** and **washable pads** can make your periods completely zero-waste and save you thousands of pounds.

- Using **mouthwash tablets** which you can dissolve in water at home reduces the amount of emissions produced from their transportation.



- Reusing your **cleaning product spray bottles** is recommended as they usually consist of a few different kinds of plastic which makes them difficult to recycle. You can use eco-cleaning refill drops.



- **Refillable deodorants** offer a case for life and refills in various scents. Similarly **refillable lipstick cases** have refills available in different colours.



- **Vegetable boxes** deliver fresh fruits and vegetables to your door regularly with little to no packaging. They are usually locally sourced or directly divert food from being wasted.