

#realisticplastic

Plastic waste hierarchy



AVOID AND REDUCE

Single-use plastics when unnecessary



There are certain kinds of plastics that most of us can do without. Plastic straws and disposable coffee cups, while unrecyclable in most cases, are essential in healthcare and medicine.

These are often unrecyclable, so if you don't need them, don't use them. When it comes to single-use plastics, the less you can use, the better.

DONATE, REUSE OR UPCYCLE

Durable, long-lasting plastics



Durable, long lasting plastics such as kitchen utensils, white goods, and electronics are often still working perfectly when we decide to replace them. In these cases, consider donating or upcycling them to extend their lifespan.

Many throwaway plastics in our lives can be avoided if we used reusable containers for shopping and food instead.

RECYCLE

Clean and dry rigid plastics in the kerbside bin



If you choose to purchase single-use plastics, choose plastics you know can be easily recycled. Rigid or 'unscrunchable' plastics like milk jugs, shampoo bottles and stiff biscuit trays can be recycled in most kerbside bins.

Just remember to take the lids off and **make sure they're empty and dry** before you place them in your recycling bin.

DISPOSE

End-of-life plastics in general waste



Plastics like bandages, adhesives and blister packs may be convenient but they can't be recycled in most cases. Try to avoid them but if you can't they go in general waste when you're done.

Using the waste hierarchy can help optimise the use of plastic and help make **#realisticplastic** choices.