

# SINGLE-USE SWAPS

**“MAKE THESE SIMPLE CHANGES TOWARDS REDUCING SINGLE-USE IN YOUR DAY-TO-DAY LIFE”**



## MEAL TIME SWAPS

- Store leftovers in a reusable tub or wrap in a beeswax wrap (instead of clingfilm)
- Pack your lunch in reusable containers/beeswax wraps (instead of clingfilm/single-use plastic packaging)
- Choose plastic free snack items like homemade cake/biscuits, veg sticks, cheese sticks etc in a reusable tub (instead of individually wrapped snacks)



## PARTY TIME SWAPS

- Try bunting, streamers or other reusable decorations for parties (instead of balloons)
- Reusable bamboo or metal straws, or no straws! (instead of plastic straws)
- Rent or borrow party plates

## SHOPPING SWAPS

- Choose alternatives to plastic packaging where possible – try a bar of soap in a cardboard box/ paper wrapper, glass jar of mayonnaise, glass bottle of ketchup or olive oil (instead of plastic bottles)
- Reusable cloth shopping bags (instead of plastic carrier bags)
- Loose fruit and veg, packed into reusable bags (instead of plastic packaged)
- Take your own tubs to the deli, meat or fish counter



## OUT AND ABOUT SWAPS

- Take a refillable water bottle with you (instead of buying disposable ones)
- Reusable bamboo or metal coffee cups (instead of disposable ones)
- Take your own reusable cutlery (instead of plastic)
- Use a flannel and water (instead of a wet wipe)



 **Buckinghamshire  
recycles**