**Single Use Plastic Free Frome**

**What we can do in the home**

**Summary**

Participants had a wealth of knowledge on how to reduce plastic around the home (summarised below). Beyond this, concerns raised were generally surrounding barriers to using these methods, including time, expense, or geographical proximity to retailers, and these were explored further. It was noted that much of the will to implement these methods was a matter of habit and planning; education and community support is therefore vital to enable people to change behaviour.

**Household cleaning**

* Homemade cleaning products
  + Lemon, bicarb and vinegar
  + Using old rags, flannels and towels (kitchen towel can’t all be recycled)
  + Or alternatively refillable bottles for e.g. washing up liquid
  + Powdered dishwasher detergent in cardboard boxes
* Use of steam cleaners
* Gray water/rainwater collection
* Alternatives to bin liners - biodegradable plastics
* Purchasing more durable plastics for necessary household goods (vacuum), to last much longer
* For further information:
  + Facebook group - make do and mend (Jane Gail)

**Hygiene and Toiletries**

* Oral hygiene
  + Non-plastic (e.g. bamboo) or electric reusable toothbrushes
  + Toothpaste powders (LUSH)
* Soap and shampoo/conditioner
  + Bars (e.g. LUSH)
  + Refillable bottles
* Deodorant
  + Bars and Crystal (latter stick packaged but longer lasting)
* Shaving
  + Razors with steel with steel blades (replaceable)
  + Using a bar of soap rather than foam
* Make-up and skin
  + Fabric squares (washable) for make-up removal
  + Cotton wool on a roll, reduces packaging
  + Cotton buds, bamboo or card
* Retailers
  + Lush and Frome Health Foods
* Sanitary products
  + Reusable alternatives (e.g. moon cup)
  + Link to be made with period poverty - can we work here with Fair Frome?
* Non-flush campaigns (i.e. avoiding unsuitable products entering the sewage system)
  + Focus on the three P’s - pee, poo, and paper.
* Reusable Nappies
  + Existing scheme at SHARE that needs reviving (volunteers)

**Kitchenware and Food Storage**

* Re-usable food wraps (not cling film)
  + Bees paper
* Alternative storage
  + Reusing glass jars and durable, reusable plastics such as tupperware
  + Use of silicone gel covers
* Methods for freezing and vacuum packaging
  + Less knowledge around this subject and an eagerness for information
* Recycling
  + Discussion wanted with Somerset Waste regarding objects not recycled

**Food**

* Tea bags contain plastic
  + Encourage guests to have loose leaf tea
* Waste-free shop
  + Encourage shop to sell loose (e.g. tea)
  + Selling in bulk

**On the go**

* Shopping
  + Take shopping bags with you and paper bags for veg
* Drinks
  + Carry a reusable bottle and hot drinks cup
  + Cup deposit scheme across Frome and at events
* Planning
  + Make a conscious effort before going out
  + How can we encourage this in others?

**Commercial Holidays and Gift Giving/Receiving**

* Gifts
  + Aiming for recyclable packaging
  + Giving/requesting experiences as gifts (tickets, meals out etc.)
* Wrapping
  + Plastic free wrapping paper (e.g. tissue paper)
  + Not using sellotape
* Hosting events
  + Non-plastic decorations (avoid balloons)
  + Recyclable bowls etc. for parties
  + Both of the above available from SHARE
* Christmas
  + Artificial trees made with toxic PVC - go for sustainably-grown real tree or alternatives (made from recycled wood etc.)

**Pet care**

* Food
  + Paper sacks for dried food
  + Metal or ceramic food bowls
* Other products
  + Toys made from rubber/metal
  + Dogs leads and collars which avoid plastic
  + Biodegradable poo bags