11 TIPS FOR LESS WASTE

WASTE PREVENTION IN THE BATHROOM

Don’t flush food, chemicals or medication down the toilet. Even though our sewage gets filtered, it is still possible that these things will find their way into our marine environments and cause immense damage!

If you’re female, you’ll know how much waste is produced through the use of sanitary products. They also contain loads of chemicals which your body can absorb. You can find healthier, sustainable alternatives like menstrual cups on the internet.

Instead of buying disposable make-up removing cloths, purchase a reusable cotton cloth or make your own. Sewing and knitting manuals are easy to find on the internet. The same goes for cosmetic tissues. Reusable versions of these are readily available in stores and online.

Choose solid form shampoos, shower gels, body lotions etc. These products don’t require unnecessary plastic packaging.

Replace your plastic toothbrush with a wooden alternative and opt for paper-stemmed q tips (cotton buds) rather than the plastic variety.

Buy recycled toilet paper.

If you really want to avoid waste, use only safe, ocean-friendly products and save money, making your own toothpastes, lotions, deodorants and cosmetics is simpler than you may think. You can find lots of great recipes on the internet.

Some of the more common names for microplastic are: Polyethylene (PE), Polypropylene (PP), Polyethylene Terephthalate (PET), Nylon-12, Nylon-6, Polyurethane (PUR), Ethylene Vinyl Acetate Copolymer (EVA), Acrylates Copolymer (AC), Acrylates Crosspolymer (ACS), Polyquaternium-7 (P-7) and Polymethyl methacrylate.

If you still prefer conventional cosmetics make sure they don’t contain microplastics. Microplastics are so small they pass through water treatment filters and end up in the natural water cycle. Once there they harm animals, the environment, and ultimately us humans. You can find several lists and apps on the internet to help you identify products that contain microplastics.

If you have a blocked drain, try using a plunger or drain snake instead of environmentally harmful chemical drain cleaners.

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When you wash your clothes, make sure the washing machine is full and the temperature is set to 30 degrees for everyday item – that’s hot enough!

To eliminate more plastic packaging from your home consider buying a box of bio washing powder instead of a liquid detergent.