

ReThink ReMake ReCycle

How much paper do you waste?

This is a list of disposable items containing paper - many of these items cannot be recycled, particularly if it is used for personal care or has stains from food, grease, paint or dirt.

We'd like you to record how many of these different items you use and throw away in a week (7 days) in your household. Tally them up as you pop them in the bin or recycling. You can add your own additional items in the blank spaces if you have them.

If you are counting teabags and wipes, you could also add them to plastic as they often contain plastic:

Wet wipes: <https://friendsoftheearth.uk/plastics/wet-wipes-keeping-them-out-our-seas-and-sewers>

Teabags: <https://www.bbc.co.uk/news/uk-50260687>

Personal Care		Total
Example		8
Make up wipes		
Face pads		
Toilet rolls		
Tissues		
Wet wipes		
Cotton buds		
Packaging		
Sun screen wipes		
Soap packaging		
Nappies		
Sanitary towels		
Tampons		

Cleaning		Total
Floor wipes		
Polishing wipes		
Window wipes		
Cleaning wipes		
Packaging		
Dryer sheets		

Food		Total
Example		14
Cardboard food boxes		
Paper straws		
Greaseproof paper		
Paper bags		
Kitchen roll		
Kitchen wipes		
Tea bags		

Out and about		Total
Takeaway cartons		
Card coffee cups		
Paper wrappers		
Paper bags		

Home		Total
Newspaper/Magazines		
Envelopes		
Junk mail		

Where did you waste the most items? At home or out and about?	
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Your Postcode	
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Grand total of items	
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ReThink ReMake ReCycle

How much plastic do you waste?

It's so easy to use plastic every day without noticing it, particularly single use plastic packaging that is intended to be thrown away as soon as the items contained are used or consumed.

We'd like you to use this list to record how many plastic items you use and throw away in a week (7 days) in your household. Tally them up as you pop them in the bin or recycling. You can add your own additional items in the blank spaces if you have them.

Personal Care		Total
Example		8
Shampoo bottle		
Conditioner bottle		
Cleanser/toner bottle		
Moisturiser pot		
Shaving cream pot		
Razor or razor head		
Toothpaste tube		
Toothbrush		
Dental floss / picks		
Mouthwash bottle		
Shower gel bottle		
Deodorant		
Soap packaging		
Cotton buds		
Wet wipes		
Make up		

Out and about		Total
Takeaway container		
Disposable cup		
Disposable cutlery		
Sandwich box		

Kitchen		Total
Washing up liquid		
Dishwasher tablets		
Surface Cleaner		
Over cleaner		

Where did you waste the most items? At home or out and about?	
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Your Postcode	
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Food		Total
Example		14
Single use container		
Single use bottle		
Cling film		
Plastic bag		
Plastic film packaging		
Straw		
Teabags		

Laundry		Total
Washing powder/liquid		
Fabric conditioner		
Stain remover		

House cleaning		Total
Floor cleaner		
Glass cleaner		
Bathroom cleaner		
Bleach bottle		

Other packaging		Total
Toilet roll packet		
Single use hard plastic		
Bubble wrap		
Plastic coated card		
Plastic film packaging		
Cellophane		
Plastic wallet		

Grand total of items	
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