



LOVE your Community, HATE single use plastic.

Welcome to the first edition of our Plastic Free Overton newsletter. We will focus on the latest news, tips and community updates focused on helping us to reduce our consumption of single-use plastics.

We've won! - Plastic Free Community Status.



We started the year off by achieving plastic-free status for Overton, what a great way to start 2021. A massive achievement and it demonstrates just what we can do as a community when we pull together. [Cafe Pueblo](#), [Wilson and Sons Greengrocers](#), [Cookery Doodle Doo](#) and [Renasci Designs](#) were amongst the first businesses to sign up and since then we have had many more, all pledging to make changes to their business use of throw away plastic. Community groups have also come on board.

If you run a business or community group in Overton or Laverstoke and want to know more just contact us at plasticfreeoverton@gmail.com and we will help you take the next steps.

[Why sign up?](#)

A few ideas for reducing your single-use plastic.

Below are a few ideas for reducing the single-use plastic we use and throw away every day. Any new habits to refuse, reduce and reuse will make a difference to the growing problem we have today. Plastic is an amazing material, but we need to use it more wisely.

Shop Local

We have a great variety of shops in Overton, Wilson and Sons Greengrocers and Turners Butchers are just two business that are working with us to reduce their single-use plastic. A massive reduction in plastic when compared to the supermarkets.



Bulk Buy

Bulk buying is a great way to reduce the plastic packaging you use every day.

Just decant what you need into the smaller bottles to keep them handy.

Refill

[Fill them up zero waste](#) pop-up stand is a stall that will visit Overton this week. This is a great way to reuse and refill containers that you already have and avoid plastic packaging. Keep an eye on our social media channels to find out more details on the future pop-up stall dates.





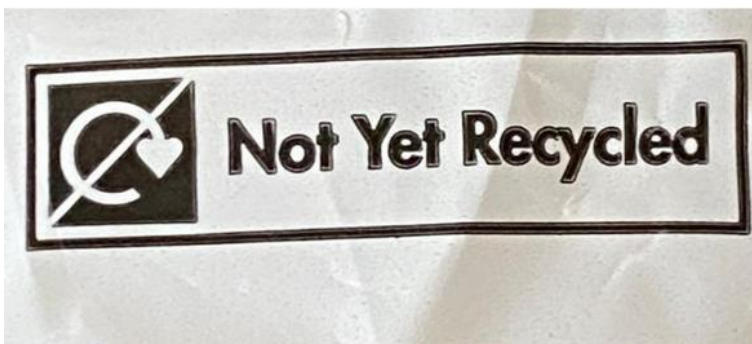
Bathroom

A really simple way to vastly reduce the amount of plastic waste generated in your bathroom is to switch to bars or refills.

Shampoo and conditioner are available in bars, there are plenty to choose from so you can find the right ones for your hair and use soap bars rather than bottles of shower gel.

Reusable Bags

A great way to reduce your plastic use is to remember to take your reusable shopping bag with you. You can even reuse a plastic carrier bag that you already have!



Refuse

If something that you buy is wrapped in plastic that is not easily recyclable, don't buy it again - email the company that made it and ask them to do better.

If we all voice our concerns this will help encourage companies to change and seek alternatives where possible.

Did you know?

- 8,000,000 bits of plastic globally reach the ocean daily*?
- The 320,000,000 tonnes of plastic that is generated globally is predicted to double by 2034*?
- There are 5000 items of marine plastic pollution per square mile of beach in the UK*?
- A study by Plymouth University claimed that microplastics were found in a third of UK caught fish**?
- We (UK) get through 580,000 tonnes of plastic drinks bottles each year, with only 281,000 tonnes getting recycled**?
- We consume 7,028,000,000 litres of milk a year in Britain, if we buy milk in 2-litre bottles that's 3,408,580,000 plastic bottles every year.....just to carry milk**?

**SAS website, **No.More.Plastic. Author Martin Dorey 2016.*

We hope this newsletter is of interest and will help you refuse, reduce, and reuse the plastic you use every day. We can all make a difference, starting with small changes and if we all talk about the changes, we are making this helps spread the word.

Please follow us on Facebook or Instagram, join the discussion, share ideas on how you are reducing your use of single-use plastic.

Best wishes

Plastic Free Overton

**SUSTAINABLE
OVERTON**

