



TEN

simple ways to reduce your plastic consumption and save our beautiful planet

By now we've all seen the pictures of the bellies of the whales and birds filled with bottle caps and plastic bags as well as the Great Pacific Garbage Patch – some estimates say it may be as big as 15,000,000 square kilometres of trash floating between Hawaii and California.

The problem can seem overwhelming and downright depressing.

Will refusing a straw at a restaurant really help this mess?

I'd like to start with a big resounding YES. Actually, refusing one little straw at a restaurant makes a difference. It makes ALL the difference.

You see, it's our rubbish that's in the ocean. It's not some person on the beach carelessly throwing a bottle into the sea – it's you and me. We are residents on this beautiful planet and we all carry the weight of caring for it.

What you do matters, and what you do makes a difference. Do not despair:

First, we have Robert Downey Jr on our side, and how can we fail with Iron Man committed to the cause? Google Robert Downey Jr "Footprint Coalition" launching April 2020 for more information and hope! Second, all it takes is changing small daily habits to literally change the world.

Are you with me?

Read on for my 10 simple ways to reduce plastic consumption.

1 Ditch the plastic single-use water bottles. Most don't end up being recycled. There are also way too many cute reusable water bottles these days to not have one (or 12). I prefer stainless steel and personality. You may not think water bottles can be sexy but I am about to change your mind: just check out www.swellbottle.com and prepare to fall in love.

2 Plastics Straws. As soon as you sit down in the restaurant let your server know you won't be needing them. There are currently an estimated 8.3 BILLION plastics straws on the world's beaches right now. How badly do you need it? If you use them regularly, consider stainless steel, bamboo, paper or even wheat. Buy locally from Ecostrawz: www.ecostrawz.co.uk.

3 Reusable shopping bags. This is becoming easier and easier as laws are changing to ban single-use plastic bags. Buy way more bags than you think you need so that there is always a supply in your car, and keep a small compact one in your handbag for the small impulse buys. Best yet, send a message with your bag and help others on their journey to use less plastic with this tote from Global Wake Up: www.globalwakecup.com.

4 Produce bags. The other day I was ordering the shopping to be delivered to my house and I had the option to choose bagged bananas or loose bananas, I chose loose as wanted to avoid another plastic bag but then it was delivered in a plastic bag anyway! Sigh. The best bet is to take your own mesh bags.

5 Cut the cutlery when you order in. If you are having food delivered to your home, there is no need to have them bring

you plastic utensils – you have cutlery in your home. Many take-away forms have a box you can click to indicate you don't need cutlery. If you don't see one, just add it to the comment section.

6 Switch your razor. Instead of using a disposable razor that makes you throw the entire thing away every 4 to 6 weeks, switch to a razor that only requires you to change the head. It's a simple solution with a big impact. Better yet, buy the replacement heads in bulk to reduce packaging.

7 Go for cloth. This may be swapping paper towels for wash cloths, paper napkins for cloth napkins, plastic nappies for cloth nappies, reusable feminine care products, single-use plastic table covers for fabric table clothes, and my personal favourite is beeswax cloth instead of cling film. Try: www.clingcloths.com.

8 Ditch the dryer sheets. Dryer sheets are full of unsavoury chemicals and they create a lot of waste. Switch to wool dryer balls and scent with essential oils. Buy your essential oils from: www.mydoterra.com/anchoroils. My favourite oils for laundry are lavender and lemongrass.

9 Make your own cleaning supplies. It's not as daunting as it seems. In fact, it's super easy and much cheaper than the shop-bought varieties. And once you have the bottles, you can reuse them over and over again. Here is a great blog with three basic recipes to get you started: www.harmoniatherapies.com/green-your-clean-create-your-own-natural-cleaning-products.

10 Shampoo bars. I am so in love with these! No more plastic bottles. No more fillers (odds are your shampoo has water as one of the first ingredients). They lather well and work great. Also, they can go through airport security (bonus!). My favourite is Heavenly Herbals, each batch made is by hand in Kent: www.heavenlyherbals.co.uk.

See? It's easy. Simple steps you can take towards reducing your carbon footprint and restoring our planet to its full glory. For more tips and tricks for living a natural lifestyle find me on Facebook at: www.facebook.com/anchoroils.



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