



Friday 18<sup>th</sup> September 2020

Dear parents,

**Hadleigh Infants and Nursery School** is really pleased to be part of the Essex Plastic Pledge. Plastic has become a real problem for the planet but together by making small changes we really can make a difference. That's why we've joined the pledge and we're asking parents to do the same at home.

Below are a number of actions. You might like to commit to all of them or just a few.

**Carry a reusable coffee cup**

The average adult throws away 150 single-use coffee cups every year. Less than 1% are recycled because it's tricky to separate the mixture of plastic, paper and leftover coffee dregs. By carrying a coffee cup while you are on the move, you can easily reduce the amount of coffee cups you'll use. Many cafes also offer money off for using a reusable cup.

**Carry a reusable water bottle**

The average adult uses 150 single-use plastic water bottles every year. Across Essex, many cafes and restaurants have signed up to be refill stations, making it easier than ever to fill up on the go and it will save you money at the same time.

**Choose reusable wipes (Baby, cleaning, makeup)**

Cloth wipes for children are a great alternative to single-use wet wipes – the natural materials are more absorbent and super soft on your baby's skin or for wiping sticky fingers. If you usually take a pack of wet wipes with you when you're out and about, particularly if you've got young children, you can still make the switch to reusable! Simply dampen the cloth wipes and pop them in a small bag or container to keep them moist. They'll then be ready to use whenever you need them.

**Say no to single-use straws or carry a reusable straw**

Plastic straws are one of the easiest single-use items to avoid. Simply say no and avoid using a straw altogether. If you don't need one, why not go straw-less?

There are now a wide variety of either metal, hard plastic, or bamboo straws on the market, which are great options if you still want to use a straw.

**Carry a reusable shopping bag**

The average adult uses 10 single-use plastic carrier bags every year. Although plastic carrier bags may be recycled at larger supermarkets, you can easily avoid using this plastic item.

**Switch to a bar of soap**

All plastic bottles are recyclable in Essex, but you can avoid this plastic by opting for a bar of soap or even shampoo bar. They often last longer than bottle alternatives and can now be found wrapped in paper or card.

**Switch to reusable cutlery**

If you often grab lunch on-the-go, then a reusable set of cutlery is a must for your work place or when out and about. It's also much easier than using flimsy single-use plastic cutlery.

**Use a reusable lunch box or food wraps**

By opting to use any reusable lunch box, bag or food wrap you can avoid this single-use plastic altogether.

Finally, encourage family and friends to sign the plastic pledge by visiting

[www.loveessex.org/plasticpledge](http://www.loveessex.org/plasticpledge).

If you have any questions about our involvement with this campaign, please get in touch.

Sincerely,

Mrs. C. Huggett

Together we can make a difference

