

Transcript for Life with less plastic

Hello I wanted to share with you some of the things that we do in our house to try and be as plastic free as we can on the back of Lisa's message to us yesterday. So alongside Lisa we do toilet paper that's not wrapped in plastic. We buy ours from who gives a crap. What they promise is their toilet paper is made from either recycled paper or bamboo depending on what you choose to buy. It comes wrapped in paper quite pretty paper we ended up with all our Christmas stocking presents wrapped in these last year the colourful ones last year they did Christmas ones come in a box 48 you store them in the bottom of the airing cupboard and there this is where they stay.

We've tried to go plastic free in the bathroom and we've done that by moving to bars of soap. Look hard you can buy bars of soap in cardboard as opposed to buying them in plastic you do have to check. We also buy solid bar shampoo this is my shampoo one of these lasts me about three or four months so I buy about 3 for these year probably 3 year really good getting really nice lather on them and washed my hair well really happy with that.

Conditioner I've not had a lot of luck with a solid bar conditioners for my hair I found difficult but what I have bought is argan oil. You can buy a glass bottle. I use just a bit in my hand rub it in rub it through my hair. It completely takes away all the tangles it looks after my ends. I can't remember when I bought that it was some while ago I use a shot every time I wash my hair. It takes forever to go down.

Moisturiser being a woman of a certain age you need to have a bit of moisturiser. I found this one really good. This is an Aldi one but it comes in a glass bottle so it is possible to get these in glass but you do have to struggle and try.

Bubble bath got bubble bath this one actually came from Marks and spencers in nice glass bottle really impressed with that do like a bubble bath every now and then so that's been really good.

Deodorant I have been using deodorant made by Cosy cottage it came in a little tin can nice little screw top tin smelt delicious doesn't contain aluminium which is the harmful product in many deodorants so I have used that but I've now moved onto wild deodorant this is a wild deodorant it comes in a metal canister that you can refill and you wind it up and out comes a very nice smelling deodorant this one's an orange one and you get a subscription

and they send you new refills that you just take the bottom off put the new one in and off you go again so that's a really good one.

In terms of female hygiene I've moved to mooncup and washable sanitary towels these have been a real eye opener for me I would have been quite afraid of them is it younger woman but completely washable popper, go in the wash just a normal wash come out bright and clean and I would really encourage people to use those and encourage the younger women that come too. So that's how upstairs is plastic free.

Downstairs we use a range of different things one thing is that we get our milk by delivery in glass bottles we moved to getting it delivered whilst the shutdown was here, prior to that I was buying my milk in glass bottles from Welsh's in town in Nantwich which sell it by the bottle in glass bottles and I was able to get there. The other thing we do is we go to Peckforton farm which is out in the rural really but they've got a milk bottle which is brilliant you go along with your glass litre bottles you put it under machine, put your pound coin in and you get a litre of farm fresh unpasteurised milk it is beautiful if you want to do any of those things that's a really good thing and one of the other reasons I do that is because one of our big plastic uses was yoghurt. I now make my own yoghurt and I have reusable pots I make a litre this is a litre pot contains a litre of yoghurt really really simple to make once a week I will make 2 litres of yoghurt to keep us going for breakfast we have it everyday for breakfast but that's been our probably in terms of kitchen and their bulk plastic we have that's our biggest reduction.

The other things we do is washing up liquid we now buy BIO washing up liquid buy in a big gallon tub get it from the market in Nantwich this tub then gets refilled by the stallholder and we just fill up our small bottles so we don't have any single use plastic for washing up liquid.

Washing our clothes we've moved to soap nuts now we've been really impressed with these. I was a bit sceptical when we had them to start with they look like little nuts there you go this is how they look strange things but you put four or five nuts in a bag comes with a little cloth bag. Ours is out on the line as we have done some washing this morning and you use them four or five times depending on how you go and you throw them away, completely recyclable this contains enough nuts for about 100 washes no plastic all completely compostable when you finish with it so really really impressed with that.

Cling film I was quite a user of cling film I moved to beeswax wraps this is one of my beeswax wraps and really nice you fold things up in them and they mold to whatever you are doing you can put them in the fridge you can put them over bowls you can wrap pieces of cheese you can do all sorts with them if they do get a bit used you can put them in the oven on a very low heat for a very short amount of time it all melts and redistributes if you do lose your wax you can just get a lump of wax this is a lump of wax I bought. This one I bought at a market stall cost me £2.00 you pay more if you get a them in a nice beeswax shape but you just grate a bit of that on and put it in the oven it redistributes it really really good buy those will last forever I think.

And the other thing I've got are these Silicon bags they just slide across really good for putting things in the freezer so you can use it for soups you can use it for stews casseroles anything like that you can put them put the stuff in you just put the lid back on the top you can even write on them with a whiteboard pen whats in them, put them in the freezer you can then put them straight from the freezer into your microwave if that's how you like to use your food so that's a quick run down really of the things additional things that we're doing mostly kitchen and bathroom stuff but that's what we've done to try and reduce our single use plastic as much as we can.