

Waste a Minute Series of Videos

Episode 13 – Real Nappies

Alison: Hi there have you recently had a baby or are expecting one?

Interested to know how to save up to £750 a year?

If so, our waste a minute masterclass will show you the benefits of ditching your disposable nappies and switching to real nappies and stay tuned to the end to find out how to get your hands on a £25 voucher for Real Nappies!

So Lisa what are real nappies?

Lisa: Real nappies are reusable washable cloth nappies and because they're cloth they don't contain a lot of the nasty chemicals that can be found in disposable nappies so are much better for your baby's skin!

You can choose lots of funky designs like these (demonstrated) which is used along with a disposable liner, (demonstrated). This cuts down tremendously on the amount of waste we create. Cloth nappies are 40% better for the environment, even when you take laundering into account, 2 kilos of washable nappies will do the job of 2 tonnes of disposables.

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Alison: But aren't they more hassle?

Lisa: Funny you should say that because a recent survey showed that 90% of parents found it much easier than they expected. If you think about it if they are just as easy to put on as a normal nappy then you've just got 5 minutes to put a load of washing in the machine, 5 minutes to hang up the nappies to dry, and five minutes to put away. And you only need to do this two or three times a week.

Alison: And the bonus is that you've been kinder to baby skin, saving up to £750 a year while saving the planet one bum at a time. Thanks Lisa. So if you would like to give these a try for the first time, get onto the cheshireast.gov.uk website and search real nappies because in our quest to reduce the waste we create we will give you a £25 real nappy voucher to help get you started. What could be better than that. Thanks for listening.

Lisa: Thank you.