

Plastic Free July bingo

Click on each square to find out more information about each challenge. When you've completed the challenge tick the box in the bottom left of each square.

By the 30 July send your bingo card to plasticsandsustainability@environment-agency.gov.uk so we can see who has completed the most challenges.

<p>Try a shampoo bar to avoid a single-use plastic shampoo bottle</p> 	<p>Undertake a waste audit</p> 	<p>Educate the next generation about plastic pollution</p> 	<p>Buy items in bulk to reduce plastic packaging</p> 	<p>Make a packaging free lunch box</p> 
<p>Use your local fruit and veg shop</p> 	<p>Take a photo of you tackling plastic pollution</p> 	<p>Read an environmental book</p> 	<p>Try loose leaf tea to reduce microplastic</p> 	<p>Plan to be a sustainable traveller by packing your reusables</p> 
<p>Reduce plastic whilst gardening</p> 	<p>Try a natural kitchen scrubber</p> 	<p>Use social media to encourage others to tackle plastic pollution</p> 	<p>Wash your clothes less to reduce microfibres</p> 	<p>Identify a hard to recycle item and find out how to recycle it</p> 
<p>Identify one refill opportunity in your home</p> 	<p>Start two conversations with a friend/family about plastic</p> 	<p>Find your local zero waste shop</p> 	<p>Log litter on a citizen science app</p> 	<p>Avoid buying something new and buy secondhand</p> 
<p>Use a reusable coffee cup</p> 	<p>Put a recycling bin in your bathroom</p> 	<p>Watch an environmental documentary</p> 	<p>Bake your own treats to reduce packaging</p> 	<p>Pledge to keep three of the changes you have tried for 2021</p> 

Try a shampoo bar to avoid a single-use plastic shampoo bottle.

A recent poll suggested if everyone made this change it would add up to 260 million bottles saved each year in the UK.*

[*https://www.circularonline.co.uk/news/poll-reveals-typical-brits-annual-waste/](https://www.circularonline.co.uk/news/poll-reveals-typical-brits-annual-waste/)



Back to
bingo card

Undertake a waste audit.

See how much plastic you use and identify areas to target your efforts to reduce your plastic use. [Click here](#) to access a 'how to' guide.



Back to
bingo card

Educate the next generation about plastic pollution.

Find workshops for Key Stage 1 and 2 [here](#). Or use an interactive source to sea set of resources for [primary](#) or [secondary](#) aged young people.



Back to
bingo card

Buy items in bulk to reduce plastic packaging.

Did you know in the UK it is estimated that five million tonnes of plastic is used every year? Almost half of this is plastic packaging.*

* <https://commonslibrary.parliament.uk/research-briefings/cbp-8515/>



Back to
bingo card

Make a packaging free lunch bag.

A recent poll showed 39% of adults in the UK buy lunch on-the-go at least once a week.* Most of this food comes wrapped in single-use packaging.

*<https://www.mintel.com/press-centre/food-and-drink/brits-out-to-lunch-76-of-brits-now-buy-lunch-out-for-an-everyday-occasion-up-from-64-in-2016>

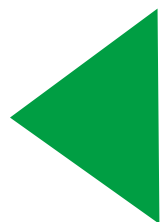


Back to
bingo card

Use your local fruit and veg shop.

Support local and reduce single-use packaging.

The WRAP plastics pact is working with supermarkets to reduce packaging.

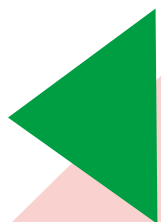


Back to
bingo card

Take a photo of you tackling plastic pollution.

Send it to our team
mailbox to inspire others
if you are happy for it
to be used in future
communications.

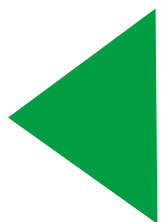
plasticsandsustainability@environment-agency.gov.uk



Back to
bingo card

Read an environmental book.

This can bring you closer to nature and inspire you to protect our planet. Try reading *Turn the Tide on Plastic* or the children's book *Duffy's Lucky Escape*.



[Back to bingo card](#)

Try loose leaf tea.

Did you know some tea bags contain plastic? Loose leaf tea will reduce your plastic consumption and mean that you can compost your tea without microfibres entering your compost.



[Back to
bingo card](#)

Plan to be a sustainable traveller by packing your reusables.

Try to remember to pack your reusables wherever you go. Read [City to Sea's blog](#) for some simple reusable switches to try.

 [Back to bingo card](#)

Reduce plastic whilst gardening.


Reuse your plastic pots or source plant fibre pots. For seed growing you can make pots out of reused newspaper or use toilet roll cardboard tubes. See a guide [here](#).



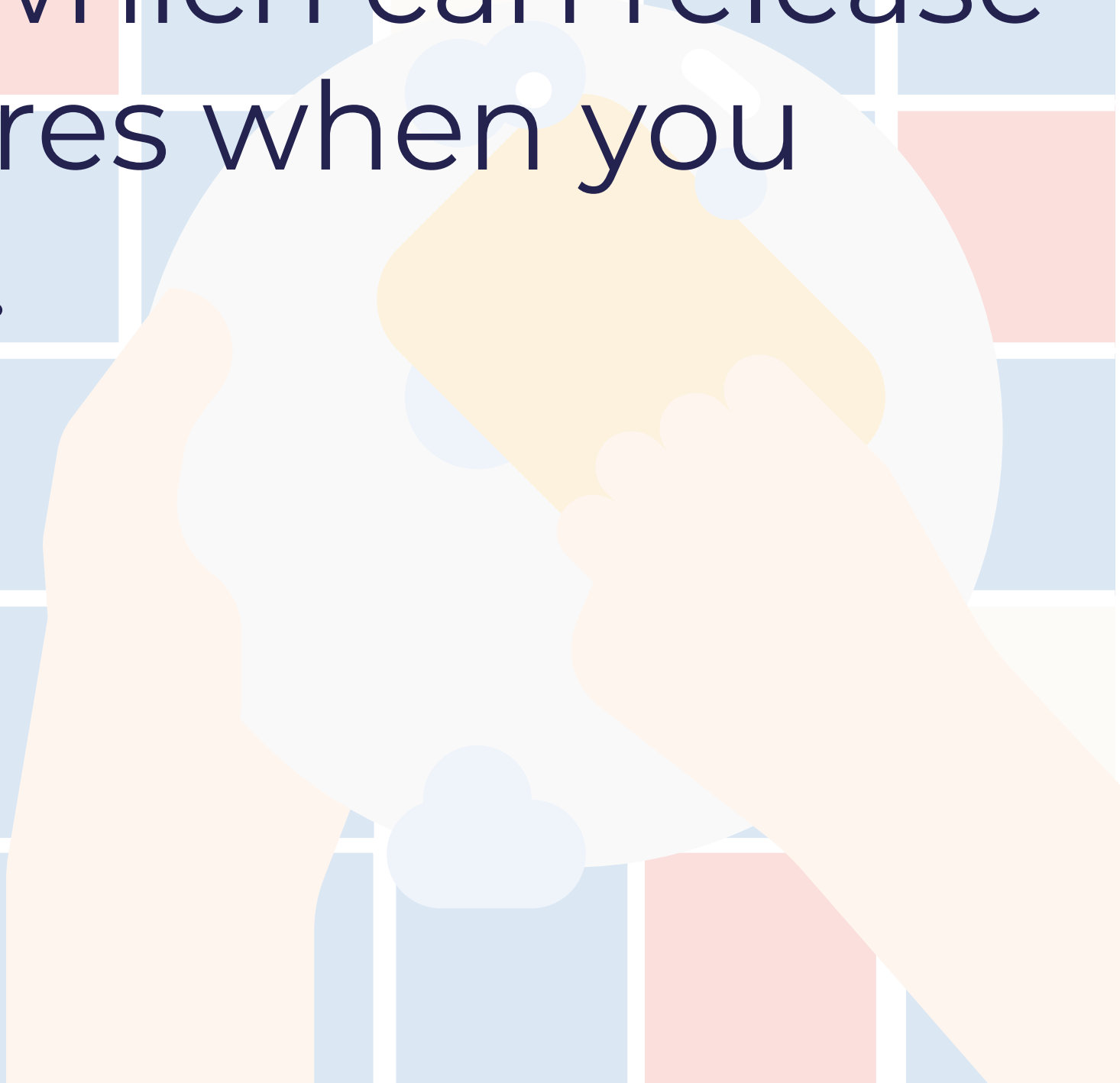
Back to
bingo card

Try a natural kitchen scrubber.

An alternative to a plastic scourer which can release microfibres when you wash up.




[Back to bingo card](#)



Use social media to encourage others to tackle plastic pollution.

Social media can be an effective tool to influence others. Follow Preventing Plastic Pollution [Twitter](#) or [Instagram](#) for project updates.

 [Back to bingo card](#)

Wash your clothes less to reduce microfibres.

Did you know that washing clothes can release thousands of microfibres? Try cold washes and using liquid detergent. Find more information [here](#).



Back to
bingo card

Identify a hard to recycle item and find out how to recycle it.

Find more information about the item through [Recycle Now](#) and check your [local recycling options](#).



Back to
bingo card

Identify one refill opportunity in your home.

Refilling uses existing packaging thereby reducing use of resources. Use [City to Sea's refill app](#) to find refill stations near you.




Back to
bingo card



**Start two conversations
with a friend/family
about plastic.**

Spread the message
and encourage others to
reduce their avoidable
plastic waste.



Back to
bingo card

Find your local zero waste shop.

Support local and reduce single-use packaging.

Since 2018 hundreds of zero waste shops have popped up around the UK. Making them easy to find!



[Back to
bingo card](#)

Log litter on a citizen science app.

Inform and contribute to scientific research by using apps such as [Debris Tracker](#) and [Planet Patrol](#).

 [Back to bingo card](#)

Buy second-hand items.

Avoid buying something new to reduce the amount of virgin resources consumed. This may be a good opportunity to visit your local charity shop.

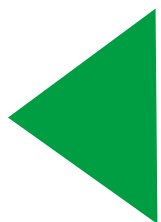


Back to
bingo card

Use a reusable coffee cup.

It's estimated that two billion single-use coffee cups are used each year in the UK, and this figure is expected to grow to 3.75 billion by 2025.*

*<https://publications.parliament.uk/pa/cm201719/cmselect/cmenvaud/657/657.pdf>



Back to
bingo card

Put a recycling bin in your bathroom.


Check out [Recycle Now's](#) handy list of top ten items that should be recycled from the bathroom and how to store your recycling.



Back to
bingo card

Watch an environmental documentary.

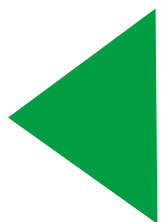
This can bring you closer to nature and inspire you to protect the environment. You could try watching Blue Planet 2 or A Plastic Ocean.



[Back to bingo card](#)

Bake your own treats to reduce packaging.

Think about where your ingredients come and try and reduce packaging. Homemade treats are great to share or take for lunch.



Back to
bingo card

Pledge to keep three of the changes you have tried for 2021.

All your individual efforts add up to make a significant positive impact.



Back to
bingo card