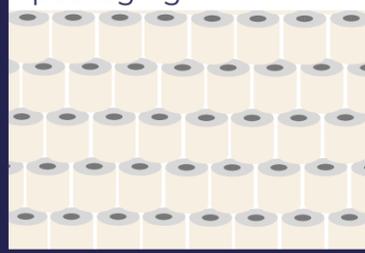
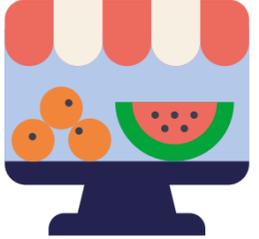
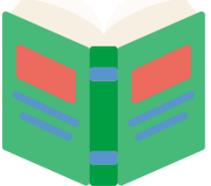
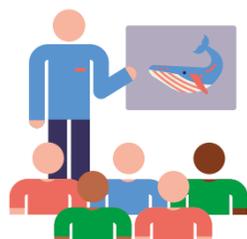
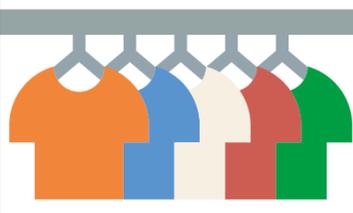
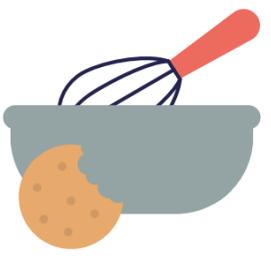
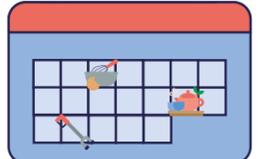


# Waste reduction bingo

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. See how many you can complete!

<p>Try a shampoo bar to avoid a single-use plastic shampoo bottle</p> 	<p>Undertake a waste audit</p> 	<p>Encourage your sports club to reduce its avoidable plastic use</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>Encourage your school to sign up to City to Seas Rethink Periods programme</p> 	<p>Read an environmental book or watch a documentary</p> 	<p>Make your celebrations more sustainable</p> 	<p>Complete an activity to find out more about climate change and other environmental issues</p> 
<p>Reduce plastic whilst gardening</p> 	<p>Tune in to our Learn Live broadcast on sustainable schools</p> 	<p>Find out more about the journey of plastic into the ocean and how YOU can help</p> 	<p>Encourage a local business to review their plastic use</p> 	<p>Identify a hard to recycle item and find out how to recycle it</p> 
<p>Get outside and connect with your local environment</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 refillable drinks bottle</p> 	<p>Put a recycling bin in your bathroom</p> 	<p>Join a local environmental community group</p> 	<p>Bake your own treats to reduce packaging</p> 	<p>Pledge to keep three of the changes you have tried</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/)



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# 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 or scan the QR code.



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# Encourage your sports club to reduce its avoidable plastic use.

Find out how to reduce avoidable plastic at running and sports events using our guidance. Click [here](#) or scan the QR code. Don't forget to make a pledge with the Big Plastics Pledge.

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# **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/>



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# Make a packaging free lunch box.

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. Read [City to Sea's blog](#) for some simple reusable switches to try.

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[\\*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](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)

# 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.



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# Encourage your school to sign up to City to Seas Rethink Periods programme.

Period products are a less well-known source of plastic pollution and can often cause blockages in our sewers if flushed. Remember to only flush pee, poo and paper. Click [here](#) or scan the QR code register.



# Read an environmental book or watch a documentary.

This can bring you closer to nature and inspire you to protect our planet.

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# Make your celebrations more sustainable.

Use the Environment Agency's guidance to help you reduce your avoidable plastic waste at celebrations. Click [here](#) or scan the QR code.



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# Complete an activity to find out more about climate change and other environmental issues.

Access our resources as part of the UN COP26 schools pack. These activities are filled with ideas and tools designed to help your school be a part of the solution. [Click here](#) or scan the QR code.

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# 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](#).



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# **Tune in to our Learn Live broadcast on sustainable schools.**

Watch out for our next  
broadcast in February to  
find out how to make your  
school more sustainable.

Access previous  
recordings [here](#).



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# Find out more about the journey of plastic into the ocean and how YOU can help stop it.

Click the icons on the interactive map to view short videos and a range of activities to help you discover more about the sources and pathways of plastic pollution. Click [here](#) or scan the QR code.

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# Encourage a local business to review their plastic use.

Why not talk to your local businesses about what they are doing to reduce their avoidable plastic waste. Find resources to help businesses [here](#).



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# 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](#).



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# Get outside and connect with your local environment.

Why not visit your local beach? Or try and find your local seabird using the interactive map [here](#).



Find out what's happening in Portsmouth as part of Wilder Portsmouth [here](#).



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

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



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# Find your local zero waste shop.

Find your local zero waste or refill shop and refill one item for your household. Refilling uses existing packaging, reducing use of resources. Use [City to Sea's refill app](#) to find refill stations near you.



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# Log litter on a citizen science app.

Inform and contribute to scientific research by using apps such as [Jetsam](#) and [Prevent Plastic Pollution](#) [citizen science page](#).



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# **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.



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# Use a refillable drinks bottle.

Try to remember to pack your refillable drink bottle wherever you go. You could use the Refill app to find your local refill station. Find the refill app [here](#).



# 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.



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# Join a local environmental community group.

Why not get involved with a local environmental group or attend an event. This is a great way to meet new people and take some positive action. Scan the QR codes to find your local groups.

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# **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.



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# Pledge to keep three of the changes you have tried.

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



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