

Plastic Free Homes



Our homes are FULL of plastics - but they don't have to be:

Look for goods made of natural fibres:

Man-made fabrics such as polyester, nylon and vinyl are all made of plastic. Clothing, accessories, carpets and bedding are frequently made of them - or from mixed fibres, like polyester and cotton. The best choices fibres are natural cottons, wools, viscose or rayons (organic cotton and wool are best, but are more expensive to produce).

Look after of your possessions: Carpets and furniture are much cheaper now than they were 75 years ago, when a small, square piece of carpet cost £50! We expect to be able to throw things away after a few years, but maybe we could choose stronger, more expensive things and make them last longer?

Get things mended - or mend them yourself! There are lots of good, self-employed mechanics and electricians in South Devon who will mend cookers, hoovers, door locks etc without charging the earth!

Buy second hand furniture: So much modern furniture has lots of plastic in it - and the real wood furniture often is NOT sustainably grown. There are real bargains to be had in Charity Shops, 2nd Hand shops, Freecycle and sites like Gum Tree.

DIY has, extraordinarily, become rather unfashionable. Yet there are lots of less polluting paints around and it's a good way of making your home look good - read the labels carefully to avoid the worst pollutants and plastics.

Fitted kitchens and bathrooms - changing these really does 'cost the earth'. Fitted units, bathroom suites and wall tiles have **enormous** plastic and carbon footprints. Home 'make-overs' have a high cost in money and stress - why on earth do we do it? When things get a bit shabby or start to break, a few coats of paint or a good handyman/woman can usually give them several more years of life.

In the Garden - your garden is a great place to look after the environment! You can find so many things at your recycling centre, including old windows to make cold frames with, garden tools and compost bins. Buy from a Garden Centre that accepts plant pots back for recycling - there is a new national scheme this year. Resist the fun gadgets in garden catalogues and use your ingenuity. You can save money £££££...

