**Something for the weekend…..action #2: Be prepared, switch that cup!**

There are an abundance of reusable cups, flasks and similar vessels available to buy in shops and cafes on our very own highstreet.

Some cafes offer a small discount, to encourage people to bring in their own cup.  
So all we need to do is be prepared and remember to take ours with us when we walk out our front door - even if you don't plan to get a take away drink. You might change your mind!

However, what if you end up stopping somewhere for a drink that doesn't actively encourage the same positive action?

Some of us may enjoy this opportunity to ask, inspire and promote better habits. But what if you don't feel as confident asking staff to use your own cup? Do you suddenly feel self conscious, anxious; not wanting to cause a fuss or worry about the staff reaction to your (albeit positively proactive) request?

Then close your eyes, take a breath and remind yourself of this:

The myth:  
We all know the score about plastic and polystyrene cups....and we have posted recently about those made of 'compostable' material...but...did you realise the idea that all paper cups will safely biodegrade or be recycled is not necessarily true.

Most paper coffee cups are coated with a plastic resin for durability; and unless washed, will be contaminated with whatever beverage they were used for. Therefore they cannot be separated out in a standard recycling mill. Only two factories in the UK currently have this separating facility.\*

So an exceptionally small proportion of 'paper' cup recycling actually goes on. Approx 1 in 400, in fact.\*\*

The figures:  
"In 2011, a Which? Report found that 2.5 billion disposable coffee cups are used each year in the UK. However, as the coffee shop industry has grown considerably since then, this figure is likely to be an underestimate of usage now. Based on the estimate that the UK currently uses 2.5 billion disposable cups, by 2025 coffee shop growth will see the UK using approximately 3.75 billion disposable cups per year. However, Eunomia Research and Consulting have suggested that the UK may already use as many as 5 billion coffee cups per year."\*\*

So. If we all share the same habit - we won't feel singled out; using our own reusable cup will be the norm; and our environment will be free of millions of single use cups each doing their little bit of damage.

Share your pics with us; dare to ask - what was the reply? Is it what you expected? What could your next step be to reduce and reuse?

\*[www.reusablecups.co.uk](https://l.facebook.com/l.php?u=http%3A%2F%2Fwww.reusablecups.co.uk%2F%3Ffbclid%3DIwAR2L7t6gnxB7uQWjJixBvP0saEoWCqndX-zogEtYx_PQBO_C7DbufEwmlmA&h=AT06o4L3BiAnaB5PUE5tAUqUU3aR4B7LIHHlF3G139aBjuXovBWNgu8SF-GtuVXul5fGQuQzjZlTlPXrL-1OYWtYzotuOTMiJ_zCU2uUrpf9UVnLL1Q2cT5_SdAVp7f6vKFfC8nLXdaJAuVfap6ndjNn4zdNm9IK7_O6gA)

\*\*House of Commons Environmental Audit Committee - Disposable Packaging: Coffee Cups, Second Report of Session 2017–19