**Something for the weekend.....Action #9: Use your existing waste to reduce your future waste!**

There is a lot of pressure these days to conform to a 'plastic free pantry' with neatly arranged glass jars; to have chintzy fabric alternatives to plastic bags, sponges and wipes laid stylishly in wicker baskets; and funky food and drink containers. And if you have young children, let's not forget cloth nappies, wipes and bamboo everything (!). Oh, and 'family cloth'.

Fine, if you have the disposable income to buy into this marketing trend. But let's not forget those 3 words, our mantra: refuse, reuse, recycle.

With a focus on REUSE.

With such intense marketing coupled with the urgency to change our consumer habits, it would be understandable if you were feeling overwhelmed about buying the right 'reuseable' gear to be totally plastic free as of yesterday. And hugely guilty if you don't have the practical means to follow suit. Either way, this is an unrealistic goal and could be holding you back on your journey to reducing waste and making you buy more stuff.

So let us take a moment to reflect on all the reusable items we may already have at home and get thrifty. But not for financial gain, actually. To REFUSE the marketing of what we should have; to REDUCE our single use waste - whether it is going in the bin, to someone else or off into the faraway land of recycling. Let's REUSE.

Keep old towels, flannels, tea towels can all be cut up and used to create wipes. For personal care like make up and baby wipes; but also for household cleaning.

🛏Grab those holey unwanted sheets and duvet covers - make a Morsbag with some help from [Morsbags Sociable Guerilla Bagging](https://www.facebook.com/morsbags/?ref=gs&__tn__=%2CdK-R-R&eid=ARBON9VwToXJ2IyPNL6vyBkEXZEOnywTVUbeZgRTJ6FjRD_m2z9rdT2LuK1q0KOjSyJ0_we1WdLKMh5D&fref=gs&dti=308664193075982&hc_location=group)!

♻️Keep used food and drink containers - jars, tubs, bags, bottles and re-fill with unpackaged produce and products. From washing up and laundry liquid at [Earth Foods](https://www.facebook.com/earthfoodsbournemouth/?ref=gs&__tn__=%2CdK-R-R&eid=ARC_6mNTCBq_VgBUHlAD5653Fp-an9ddNPD24lMi3bXc5m3XeqkgzFskFUn0aRgBAwf9sLr2ZZ4ayU_h&fref=gs&dti=308664193075982&hc_location=group); loose leaf tea from [That Brilliant Store](https://www.facebook.com/thatbrilliantstore/?ref=gs&__tn__=%2CdK-R-R&eid=ARCTN2rZkhmoLkmdnWnF_htbWmUesn9PSMelMj8hd19Hym9u8yV3_hpa_BkDpFA86m3e8Il4dkX2Ui1X&fref=gs&dti=308664193075982&hc_location=group); orange juice from [TD Fruits](https://www.facebook.com/tdfruits/?ref=gs&__tn__=%2CdK-R-R&eid=ARAmHaJG98HVUCyC-Qu6h7JfRCI7vVpNaiitQxyTdk97ANH6gyNFbIl3ufa4bG08Syrm8TD7e45vL4PJ&fref=gs&dti=308664193075982&hc_location=group); coffee from [Velo Domestique](https://www.facebook.com/velodomestiquecafe/?ref=gs&__tn__=%2CdK-R-R&eid=ARCRv87L1dovWD3JnbS6jcM5vTKCUuSXe7BqZ1szLSV2ukKsh6YIEMljg6jeTKwOgaskpXn8TSS9VfC8&fref=gs&dti=308664193075982&hc_location=group); deli items from [Deli Rocks Southbourne Bournemouth](https://www.facebook.com/pages/Deli-Rocks-Southbourne-Bournemouth/163990723689050?ref=gs&__tn__=%2CdK-R-R&eid=ARBhk1o95r2safXUKAQ2pWjeUpNc31jh4tTwCgsQWiLy0Gsq-ww2gcTxXPtJPQukV45F_pBvksv23eRS&fref=gs&dti=308664193075982&hc_location=group); shampoo bars from [Live Kindly Eco Shop](https://www.facebook.com/livekindlyecoshop/?ref=gs&__tn__=%2CdK-R-R&eid=ARAFXIuIs6-8tWQOZA_68uH_SxjEz8jQRG8K8mIi_GK5ZF58SSz-bFNqBc_fr_t6977humXmY3fjN8aQ&fref=gs&dti=308664193075982&hc_location=group); pasta, grains, pulses, dried herbs dried fruit, soap nuts and lots more from [Sunrise Organics - Vegan Health Store](https://www.facebook.com/SunriseOrganicsBournemouth/?ref=gs&__tn__=%2CdK-R-R&eid=ARBqwzH4gYYEgLeIVNhEURJUlAwLnH0HMpNSqy9u38hKnaSoqfOTUnJ8G_UA8gYAnRmLAvrmXNFS-f_b&fref=gs&dti=308664193075982&hc_location=group) or [Almond&Co. Bournemouth](https://www.facebook.com/almondandco.bournemouth/?ref=gs&__tn__=%2CdK-R-R&eid=ARBaeNHgxwQNeyqtAC3Eqoqtmd_0N14thOA5v2-dnu-w6tdUhTplo9rsAAeGP72shoN7vU2yOnhBPL_-&fref=gs&dti=308664193075982&hc_location=group)

.....you can even use tubs and bag type packaging from salad and frozen veg as a wet bag for cloth nappies, sanitary towels and wipes.

❄.....PLUS use tubs and jars to store leftovers in the fridge or freezer.....and to transport food on the go. Who needs a fancy lunch box?!

🍶 Do your plastic tumblers and water bottles really need replacing yet? Is there more life left or are you just eager to get the plastic stuff out of your house? Can you just be patient and use up that box of plastic straws? They may otherwise disappear from your kitchen, but they will still be very present on our planet.

👶Visit your local nappy library through [Dorset Cloth Nappy Library & Community](https://www.facebook.com/groups/412925862140214/?ref=gs&fref=gs&dti=308664193075982&hc_location=group) to find out about borrowing and buying second hand

Is there really any need to discard part used bottles of shampoo, toothbrushes that have plenty of life left etc etc.

You get the idea. Once you start thinking about it, this little audit of what you do have, may well vastly outweigh what you need.

And if you really truly don't have what you need, why not borrow or re-home items that may otherwise be discarded by friends, family, colleagues... even local neighbours. Pop onto [Sobo Recycle](https://www.facebook.com/groups/699718630361414/?ref=gs&fref=gs&dti=308664193075982&hc_location=group) with your request. We anticipate you will get a helpful response.

Living more sustainably is not just about changing products; it is a change in lifestyle. It is challenging at times, perhaps near on impossible, but don't panic if you can't be consistent. It doesn't have to be all or nothing.

By using just 1 cloth nappy a day, you could save 900 of the 5000 disposables it is estimated a child gets through.

1 less water bottle = 1000 less pieces of micro plastic added to the environment.

So.....be challenged but don't feel defeated. Keep going. Repeated positive steps result in positive habit changes. But you don't have to do it all at once.

In the end, you may not have a Pinterest perfect storage cupboards and a range of bold and funky prints on display at home or on your travels. But by using what you've got, or what others don't want, you have REFUSED, REDUCED and REUSED. And for that, we (and our planet) thank you. 👏💚🌍♻️🙏