

What can go in your recycling bin?

- ✓ aerosol cans
- ✓ aluminium foil, foil trays
- ✓ cardboard boxes and packaging (place larger boxes at the side of your bin)
- ✓ food and drinks cans
- ✓ food and drink cartons, e.g. tetra paks
- ✓ paper items
- ✓ plastics
 - carrier bags (no black bags)
 - clean plastic food trays (no black trays)
 - margarine tubs and yogurt pots
 - film and wrappers
 - plastic bottles (all types)

!! Remember

- 'wash 'n' squash' plastic bottles (replace tops), food and drinks cans and cartons
- flatten cardboard boxes
- place materials loose in your recycling bin, you do not need to bag them

Do not put these items in your recycling bin

- X **glass bottles and jars** These can be recycled at the St Dunstan's Park car park
- X **clothing and shoes** These can be recycled at the St Dunstan's Park car park
- X **polystyrene** No recycling options available
- X **garden waste** Either compost – there is a compost pick-up service – or take to Galashiels Recycling Centre

ITEMS SHOULD BE CLEAN AND FOOD FREE

THE BIG 4

Coffee cups

Take your own reuseable cup. You'll often get a discount too!

Carrier Bags

Invest in some 'bags for life' rather than using plastic bags. Where possible, choose loose fruit and vegetables rather than those covered in plastic.

Drinking straws

Always refuse plastic straws. If you need to use a straw, use paper straws instead.

Drinks bottles

Buy reusable bottles, ideally the steel ones.

PLASTIC FREE

MELROSE

TACKLING PLASTIC
POLUTION



How you can help Melrose be a Plastic-Free community.



PLASTIC FREE BORDERS

Plastic waste takes up to 1000 years to decompose.

Most of us think we are 'doing our bit' by recycling our plastic, but actually there are a few things we can do before we get to the recycling stage...

Refuse

Reduce

Reuse

Recycle

if all else fails

"The thing that is so galling about plastic pollution in particular is that it is so utterly unnecessary."
– David Attenborough

***It's The Little Changes
That Make The Big
Difference.***

More tips and ideas for reducing plastic waste at home.

- ❁ Remember your single-use plastic bottle. There are a number of refilling stations in town.
- ❁ Buy fruit and veg from shops where they don't package items in plastic.
- ❁ Take steel or other sustainables alternatives, such as bamboo rather than using single-use plastic cutlery.
- ❁ Avoid single-use condiment sachets.
- ❁ Choose glass bottles over squeeze plastics.
- ❁ Avoid using glitter as it is a microplastic.
- ❁ Use beeswax wraps or reusable empty tubs with lids rather than using clingfilm.
- ❁ Use real or instant coffee instead of using coffee pods.
- ❁ Choose natural clothing materials such as cotton, wool and bamboo. Manmade fibres are essentially plastic.
- ❁ Avoid 'fast fashion'. Don't forget to buy from charity shops and re-use your own items by donating.
- ❁ Use compostable poo bags and add to your compost, rather than plastic or biodegradable bags.
- ❁ Create your own cleaning products. There are lots of examples online and even local classes. For example this window cleaner:
 - ¼ cup of white vinegar
 - 1 tbsp of cornstarch
 - 2 cups of warm water
- ❁ Don't buy drink and alcohol cans held together with plastic.
- ❁ Use terry or bamboo nappies rather than disposables.
- ❁ Use a razor with replaceable blades instead of a disposable razor.

Even 'biodegradable' latex balloons can take up to 4 years to break down.

79% of all plastic produced is now in landfills or in the natural environment.

Plastic dog waste bags can take several hundred years to break down.

Plastic waste kills up to a million seabirds a year.

Every day 7 million coffee cups are thrown away but only one in 400 are recycled.

One in three sea turtles, and around 90% of seabirds, have eaten plastic.