

FREE YOURSELF FROM PLASTIC AND DISPOSABLES THIS PESACH!

Single use plastic and even biodegradable disposables cause significant pollution and environmental damage. Less than 50% of plastics in the UK are recycled. This is due to food contamination or lack of recycling infrastructure. Biodegradable disposables need to be sent to specialist plants to biodegrade safely. If plastic or biodegradable disposables are thrown in the bin they will likely be burnt, sent to landfill or dumped in the ocean. The disposing of disposables degrades our air quality, our food chain, the health of our oceans, wildlife and ecosystems which we need to sustain human life.





Plastic and disposable-free Pesach tips

1 Keep glass and plastic grape juice bottles as drinking bottles for days out. The glass bottles are particularly good at keeping drinks cold and the Kedem size fits well under a buggy or in a hamper.

2 Try using oil cloth coverings for tables and surfaces rather than throw away plastic coverings such as plastic tablecloths. Oil cloth is waterproof, wipeable, easy to clean and crease proof, stopping those pesky puddles forming. It can be used again and again every year. [Dunelm](#) have a lovely range starting from £4/metre.



3 Kasher stainless steel cutlery and utensils rather than using disposables or buying new items. Many shuls offer a kashering service where items are quickly koshered within minutes and ready for use. This not only saves you so money, but also storage space! Glassware can also be kashered but requires a different process and can be done at home – please speak to your local rabbi for guidance.



4 If you can afford it, invest in permanent crockery and glassware instead of using disposables. IKEA's [OFTAST](#) range offers good quality, dishwasher safe, dinner plates, bowls and side plates for 75p. Sturdy [POKAL](#) drinking glasses start at 75p each. Considering the cost of disposables versus the cost of permanent crockery/glassware (including hot water, electricity for the dishwasher and detergent costs), you may break even or even save money in year one. Certainly year-on-year, the investment in permanent crockery/glassware will save you money as well as avoid environmental damage every year.



5 Washing up isn't everyone's idea of fun, especially after a late night of entertaining. If you have age-appropriate children, explain why you have chosen to go disposables-free this Pesach and get them involved ([click here for some sources](#)). The impact of disposables (both plastic and biodegradable) on the air we breathe, our food chain, our oceans, wildlife and their future will hopefully inspire them to help out and sign up for some washing up shifts too!