

## We can all make a difference It is about changing our mindset and planning ahead

There are many areas of our life where we produce waste and don't even think about it. From using disposable wipes rather than a flannel to using a disposable cup rather than a reusable. One of the #HuntsWasteBusters explores this in a bit more detail.

"Pick up a drink on your way past" Why do we need to do this? It is probably becoming the "norm" as we find ourselves outside going for a walk in this pandemic. We may still need to queue and possibly identify with that person next to you who just needs a coffee 'right now!' We continually find people walking around holding a cup of coffee - its like a comforter, especially in these colder months. There is also an element of needing to "treat ourselves" with this thing we do when we go outside to play. But the disposable cup, like many disposable items, are just due to 'convenience'. But when you are planning to go for a long walk, why not plan to have a hot drink treat and take the reusable cup with you?

Coffee cups are the second biggest contributor to litter after plastic bottles. Takeaway cups are usually lined with a polyethylene membrane to make them waterproof. This is very thin. They are not recyclable through conventional methods or biodegradable, meaning we have to take care to dispose of them, but usually they will end up as general waste. In addition, 25.000-micron sized particles are released into 100mls of hot liquid if left in a "paper" cup for 15 minutes - which you drink. The ocean is packed with micro particles which accumulate in places of outstanding beauty.

It can take 90 years for a takeaway cup to biodegrade - depending on the type of plastic used.

So why not see this as 'your personal non-contribution to waste', rather than seeing the problem as too big to care or tackle.

- Don't use a takeaway cup
- Consider a flask
- Use your own reusable cup
- Refuse a lid