

THE BIG PLASTIC COUNT

19 – 26 MARCH

LET'S COUNT!

GREENPEACE x EVERYDAY PLASTIC







TALLY SHEET






Print this off and stick it somewhere you'll see it, then tally the types of plastic packaging you throw away each day.

Tick off the days as you count your plastic:




☐ M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S




FOOD & DRINK

	Small bottles (up to 500ml) (water, soft drinks, sauces etc.)	Total
	<input type="text"/>	<input type="text"/>
	Large bottles (over 500ml) (water, squash, cooking oil, milk etc.)	
	<input type="text"/>	<input type="text"/>
	Hard plastic caps and lids (from bottles, cartons, jars etc.)	
	<input type="text"/>	<input type="text"/>
	Peelable film lids (from soft fruits, fish, falafels, dips etc.)	
	<input type="text"/>	<input type="text"/>
	Fruit and veg trays, pots and their hard lids (berries, grapes, stir fry, tomatoes etc.)	
	<input type="text"/>	<input type="text"/>
	Fruit, veg and salad bags, wrappers and nets (salad, bananas, cucumber, lemons etc.)	
	<input type="text"/>	<input type="text"/>


	Black pots, tubs and trays (ready meals, chilled foods, cooked meats etc.)	Total
	<input type="text"/>	<input type="text"/>
	Pots, tubs and trays (yoghurt, dips, butter, pastries, meat etc.)	
	<input type="text"/>	<input type="text"/>
	Snack bags, packets and wrappers (crisps, biscuits, cereal bars, chocolate etc.)	
	<input type="text"/>	<input type="text"/>
	Other hard food and drink packaging (coffee pods, plastic corks, polystyrene cups etc.)	
	<input type="text"/>	<input type="text"/>
	Other soft food and drink packaging (rice, bread bags, frozen peas, cling film, cheese etc.)	
	<input type="text"/>	<input type="text"/>


CLEANING & TOILETRIES

	Small bottles (up to 500ml) (hand wash, shampoo, washing up liquid etc.)	
	<input type="text"/>	<input type="text"/>
	Large bottles (over 500ml) (toilet cleaner, bleach, surface cleaner etc.)	
	<input type="text"/>	<input type="text"/>
	Pots, tubs and tubes (moisturiser, suncream, laundry tablets etc.)	
	<input type="text"/>	<input type="text"/>

	Squeezy tubes (toothpaste, make-up, skincare cream etc.)	
	<input type="text"/>	<input type="text"/>
	Other hard cleaning and toiletries packaging (toothbrush packs, razor packs, mascara etc.)	
	<input type="text"/>	<input type="text"/>
	Other soft cleaning and toiletries packaging (toilet roll wrap, dishwasher tabs, wet wipes packs etc.)	
	<input type="text"/>	<input type="text"/>

EVERYTHING ELSE

	Other hard plastic packaging (plastic packaging for toys, tech, stationery, DIY etc.)	
	<input type="text"/>	<input type="text"/>

	Other soft plastic packaging (pet food pouches, carrier bags, bubble wrap etc.)	
	<input type="text"/>	<input type="text"/>

Tell the people you live with that you're taking part.
We want to count household plastic waste, so that means everyone at home needs to tally their plastic before throwing it away.

When you're out and about during the week, record any plastic you use, like packaging from take-away lunches or service station snacks, then tally it up when you get back home.

WHAT NOT TO COUNT

Plasters, medication packaging, period products, nappies, poo bags, plastic cutlery, drinks cartons.

We aren't counting plastic items that are used for medical or sanitary reasons as these are vital for the people who need them. We're also not counting Tetra Pak items – the plasticised cardboard that many drinks cartons are made of – because it's hard to trace. That includes sandwich packaging, coffee cups, Pringles and similar products.