

PICK A PPP PROMISE

Preventing Plastic Pollution (PPP) is working with people who live and work in the Tamar area to stop the amount of single-use plastic getting into the River Tamar, its tributaries and onwards into the ocean.

To help, you can promise to:

- Make small household changes
- Take part in a river clean up
- Become a volunteer with PPP

Find out more inside and online

wrt.org.uk/project/preventing-plastic-pollution-ppp/



FIND OUT MORE



wrt.org.uk/project/preventing-plastic-pollution-ppp/

Call: 01579 372140

Email: plastic@wrt.org.uk

WE ARE
**PREVENTING
PLASTIC
POLLUTION**
at home

Interreg
France (Channel
Manche) England
European Regional Development Fund



PREVENTING
PLASTIC POLLUTION



YOUR HOME

We know it can be challenging to omit or reduce single-use plastic in the home.

It's there when you shop, it's there in online packaging, it's even in things you might not expect it to be.

But, with a little effort and 100% commitment, you can play a part in preventing plastic pollution in the River Tamar, its tributaries and out into the ocean - keeping the water where your live clean and healthy for all who depend on it.

Our Preventing Plastic Pollution team collected more than **1,200** pieces of food-related single-use plastic from urban and rural river locations in just seven litter picks in 2020.

We want to reduce that to **ZERO**.

Read on to see what you can do to help.

THINGS TO TRY

Making small changes at home can make a positive difference - why not try:

- Swapping plastic packaged toiletries for alternatives such as soap or shampoo bars
- Choosing loose leaf for your tea
- Ditching the coffee pods and using filters or even instant
- Discovering your local refill shops - typing 'refill' in an internet map search can show locations
- Avoiding the purchase of clothing made from plastic-based materials such as woven polyester - they shed microplastics in the wash
- Following the 3Ps - pee, poo, and paper should be the only things flushed down the loo.

MORE INFO

Think of rivers as the veins of the Earth. By keeping them clean and free-flowing, they will sustain us with the vital natural resource we depend on, water.

By preventing plastic pollution in the River Tamar, you will help to keep it healthy for wildlife and people, now and in the future.

GET INVOLVED

Our Tamar Preventing Plastic Pollution project has many ways to support you as you reduce your use of single-use plastics, and several opportunities for you to support our work too.

Call the team on 01579 372140
or email plastic@wrt.org.uk
to find out how you can take part.

Visit

wrt.org.uk/project/preventing-plastic-pollution-ppp/

