

## CAN'T FIND AN ITEM?

We've gathered as many examples as we can think of to help you categorise your plastics for your big count. If you can't find your item, we hope the examples still provide a decent guide.



## TOP TIPS FOR COUNTING

### Separate and count every piece

Some products will have a mix of materials. A pack of raspberries might have a tray that's hard plastic, a lid that's soft plastic film and a little protective pad inside, like soft bubble wrap. Please separate and count each piece.

### Is it hard or soft plastic?

Checked the tables below and still aren't sure it's hard or soft plastic? Throw it up in the air. If it drops straight down it's likely to be hard plastic. If it floats to the ground more slowly, it's probably soft.

### Don't worry – trust your gut



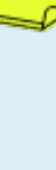
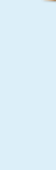
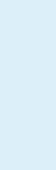
Use your own judgement and instinct to choose your plastic waste categories. Whatever you feel is right probably is!

## GLOSSARY OF PLASTIC

Term	Definition
Hard plastic	Hard plastic has a sturdier, more solid and defined form – they tend to be a bit more 3D.
Soft plastic	Being very thin and flimsy, soft plastics can generally be screwed up into a small ball in your hand, or smoothed flat.
Break-away band (hard plastic)	Thin and hard plastic band that's ripped off when opening bottles under the cap or lid.
Break-away band (soft plastic)	Flimsy plastic band usually wrapped around a jar or bottle. It's often perforated to help you tear it off.
Nets	Bag or pack made of finely woven or meshed plastic.

## FOOD & DRINK

Products that are used to package or wrap food or drink.

Item	Examples
 <b>Small Bottles (under 500ml)</b> (water, soft drinks, sauces, etc.)  <b>Large Bottles (over 500ml)</b> (water, squash, cooking oil, milk, etc.)	Bottles for: cooking oil fizzy drinks honey or syrup ketchup <b>See more +</b>
 <b>Hard plastic caps and lids</b> (from bottles, cartons, jars etc.)	Hard plastic caps and lids for things like: bottles coffee jars/tins cooking oil herb jars <b>See more +</b>
 <b>Peelable film lids</b> (from soft fruits, fish, falafel, dips, etc.)	Peelable film lids are thin layers of plastic that seal containers and prevent leaks. They can be found on all types of packaging including: chilled snacks chocolate mousse coleslaw cream <b>See more +</b>
 <b>Fruit and veg trays, pots and their hard lids</b> (berries, grapes, stir fry, tomatoes, etc.)	Lots of fruits, vegetables and salads come in hard plastic trays or pots. Some examples include: beetroot blueberries fruit pots mushrooms <b>See more +</b> Include your hard plastic lids if they are the same material.
 <b>Fruit, veg and salad bags, wrappers and nets</b> (salad, bananas, cucumber, lemons, etc.)	Bags, wrappers and nets are made from soft plastic that package fresh produce such as: apples bananas carrots cucumber <b>See more +</b>
 <b>Black pots, tubs and trays</b> (ready meals, chilled foods, cooked meats, etc.)	Black plastic pots and trays used to package food like: bacon beef chicken (cooked) chilled foods <b>See more +</b> We're only counting black plastic here. If it's green, blue, brown, pink... categorise under 'Pots, tubs and trays'.
 <b>Pots, tubs and trays</b> (yoghurt, dips, butter, pastries, meat, etc.)	Pots, tubs and trays are used for a range of food, such as: baked goods butter chilled foods cooked meats <b>See more +</b> Count lids as a separate piece if they're made of the same material as the container, like with margarine, soup or ice cream tubs. Remember not to include fruit, veg or salad trays or pots – they have their own category.
 <b>Snack bags, packets and wrappers</b> (crisps, biscuits, cereal bars, chocolate, etc.)	Snacks can be sweet or savoury, healthy or a treat. Count the soft plastic bags, wrappers and packets that package: biscuits chewing gum chocolate cookies <b>See more +</b>
 <b>Other hard food and drink packaging</b> (coffee pods, plastic corks, polystyrene cups, etc.)	Any hard plastic food and drink packaging that doesn't have its own category should go in here, such as: coffee cup lids coffee pods hard plastic breakaway bands bands <b>See more +</b>
 <b>Other soft food and drink packaging</b> (rice, bread bags, frozen peas, cling film, cheese, etc.)	Lots of our food comes wrapped in soft plastic packaging, including: apricots beans bread breakaway bands <b>See more +</b> Don't be surprised if most of your plastic packaging waste goes in here!



## CLEANING & TOILETRIES

Plastic packaging that protects, packages or wraps products used for your daily washing and self-care routine or to clean the house.

Item	Examples
 <b>Small Bottles (under 500ml)</b> (hand wash, shampoo, washing up liquid, etc.)  <b>Large Bottles (over 500ml)</b> (toilet cleaner, bleach, surface cleaner, etc.)	Bottles used to package household cleaning or toiletries products such as: bleach bubble bath conditioner contact lens solution <b>See more +</b>
 <b>Pots, tubs and tubes</b> (moisturiser, sunscreen, laundry tablets, etc.)	Many toiletries come in plastic pots or tubs, including dishwasher tablet tubs hair gel or wax hand cream laundry tablet tubs <b>See more +</b>
 <b>Squeeze tubes</b> (toothpaste, make-up, skincare cream, etc.)	You can squeeze the contents out of squeeze tubes which package things like: make-up skincare cream toothpaste
 <b>Other hard cleaning and toiletries packaging</b> (toothbrush packs, razor packs, mascara, etc.)	Any other hard packaging for cleaning and toiletry products such as: air freshener lids daily contact lens cases furniture polish lids lip balm tubes <b>See more +</b>
 <b>Other soft cleaning and toiletries packaging</b> (toilet roll wrap, dishwasher tabs, wet wipes packs, etc.)	Any soft plastic cleaning and toiletries packaging that packages: cleaning cloths cleaning sponges dishwasher tablets kitchen roll <b>See more +</b>

## EVERYTHING ELSE

Any household plastic packaging that is not related to food, drink, cleaning or toiletries.

Item	Examples
 <b>Other hard plastic packaging</b> (plastic packaging for toys, tech, stationery, DIY, etc.)	Any hard plastic that is not related to food, drink, cleaning or toiletries that packages items such as: DIY materials electronics polystyrene foam stationery <b>See more +</b>
 <b>Other soft plastic packaging</b> (pet food pouches, carrier bags, bubble wrap, clothes packaging, etc.)	Any soft packaging not related to food, drink cleaning or toiletries such as: biodegradable plastic bubble wrap carrier bags clothing wrapping <b>See more +</b>

## DO NOT COUNT

For The Big Plastic Count, we're only interested in counting your plastic packaging waste. Not only is single-use packaging one of the main causes of waste, it's also the type of plastic with the best potential for big reductions in use.

That's why we're not asking you to count single-use items that have a particular use beyond just packaging, such as straws, cutlery or wet wipes. We're also not asking anyone to tally items like plasters, medication packaging or sanitary items because we don't want to risk anyone feeling ashamed for using plastic for health reasons.

Additionally, we also understand that some plastic is unavoidable. For example, disabled

people who rely on single-use plastic items like straws, cutlery and wet wipes to gain and maintain their independence.

There are also some products that are made of a mix of materials such as plastic, paper and foil and so leave a much more complicated waste trail – these shouldn't be counted. This includes packaging such as oat milk or juice cartons, takeaway coffee cups, takeaway sandwich packaging or Pringles tubes.

We're also not counting disposable vapes, as they aren't packaging.

Category	Examples
Food & Drink	cartons or TetraPak (juice, milk, soup, etc) cans coffee cups cutlery <b>See more +</b>
Cleaning & Toiletries	any packaging waste related to medicine glass pots (eg. moisturiser) nappies period products <b>See more +</b>
Everything Else	coat hangers COVID testing waste electronics pet poo bags <b>See more +</b>