

No Home for Plastic

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voice



Aims of the No Home for Plastic programme

- 01 To raise awareness of daily plastic use in participants
- 02 To prompt behaviour change towards reduced plastic use
- 03 To determine barriers to plastic reduction
- 04 To determine plastic use in the home, on the go, and in the classroom

Overview
of the
programme

The household
programme
and the school
programmes

The household programme

Working with households to raise awareness of plastic overuse and encourage change

01

The plastic
use audit

02

Personalised
report

03

Taking plastic
pledges

04

Progress check
ins

The primary school programme

A 4 week long programme aimed at raising pupil awareness of plastic issues

01

Learning
about plastic

Lesson on plastic
issues

02

Plastic in our
school

School lunch audit

03

Tackling school
plastic

School action plan
development

04

Plastic in the
home

Home audit and
discussion

The Secondary School programme

A 4 week long programme aimed at raising pupil awareness of plastic issues

01

Learning
about plastic

02

Moving debate
& supermarket
letter writing

03

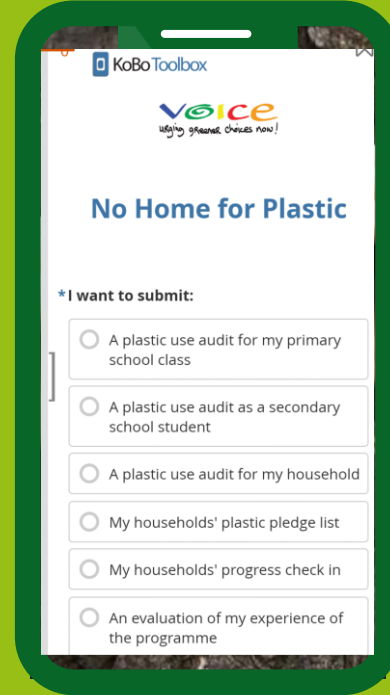
Plastic use
audit and
discussions

04

School action
plan
development

Data submitted via an online tool

All participating households and schools were sent a link to the online tool



The image shows a smartphone screen displaying a survey interface. At the top, the 'KoBoToolbox' logo is visible. Below it, the word 'voice' is written in a colorful, stylized font, with the tagline 'listening, gathering, creating, now!' underneath. The survey title 'No Home for Plastic' is prominently displayed in blue. A section titled '* I want to submit:' contains a list of six options, each preceded by a radio button. The options are: 'A plastic use audit for my primary school class', 'A plastic use audit as a secondary school student', 'A plastic use audit for my household', 'My households' plastic pledge list', 'My households' progress check in', and 'An evaluation of my experience of the programme'.

KoBoToolbox

voice
listening, gathering, creating, now!

No Home for Plastic

* I want to submit:

- ☐ A plastic use audit for my primary school class
- ☐ A plastic use audit as a secondary school student
- ☐ A plastic use audit for my household
- ☐ My households' plastic pledge list
- ☐ My households' progress check in
- ☐ An evaluation of my experience of the programme

Household programme participants

39

Number of participants
in the household
programme

16

Number of participants
that set pledges

School programme participants

16

Number of schools
participating in the
school programme

318

Number of pupils
participating in the
primary school
programme

138

Number of teenagers
participating in the
plastic use audit*

Plastic use

Plastic use in
the home

Audit completed via phone

The home plastic use audit

Household and teenage
participants walked around their
home while filling out the audit



*Does anyone in your family use wipes to remove make up or clean their face?

☒ Yes

☐ No

Approximately how many does your household use in a week?

☐ One a day

☐ 8 - 20

☐ 20 - 50

*Do you use plastic toothbrushes?

☐ Yes

☐ No

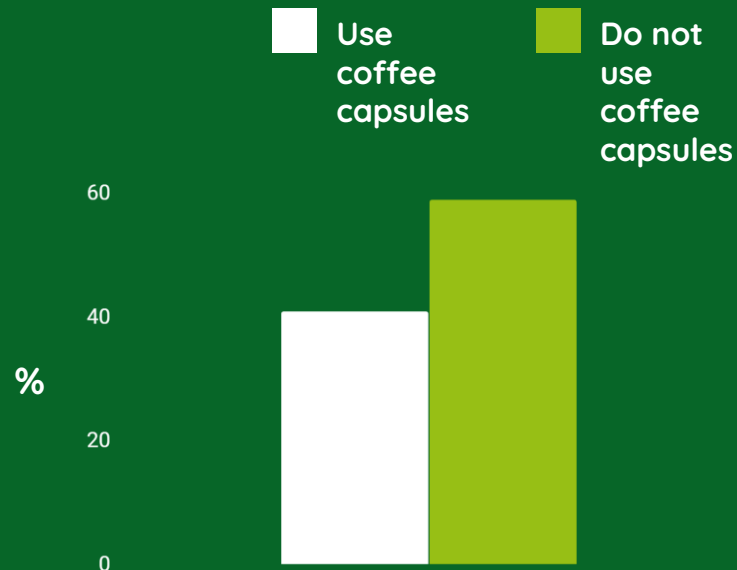
☐ Both

Plastic use in the kitchen

Coffee

Participants were asked about how they prepare coffee in their home

59% do not use coffee capsules, while 41% do



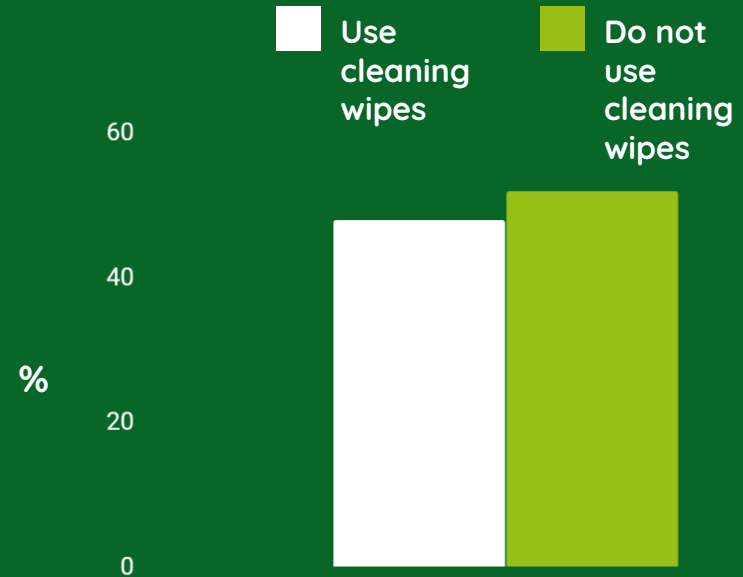
Post primary school participants recording use of coffee capsules in their home

Plastic use in the Kitchen

Cleaning wipes

Participants were asked whether or not they used disposable surface wipes in their home

52% do not use them, while 48% do



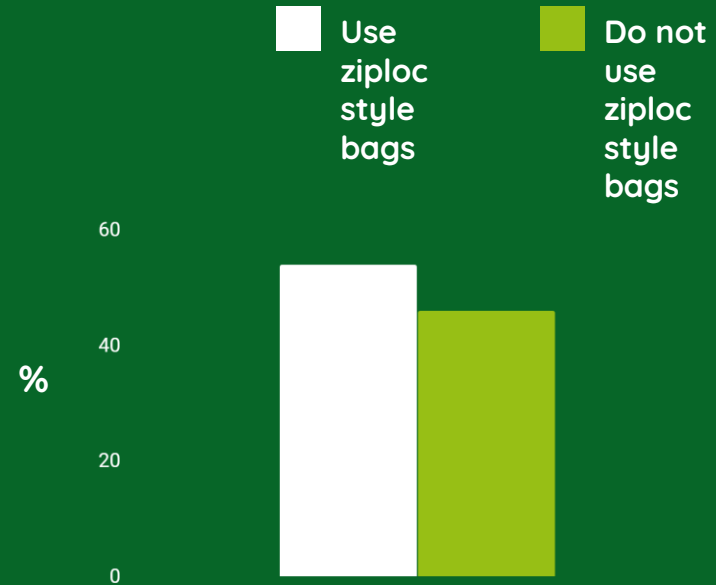
Post primary school participants recording use of surface cleaning wipes in their home

Plastic use in the Kitchen

Storage bags

Participants were asked whether or not they used ziploc style bags in their home

46% do not use them, while 54% do



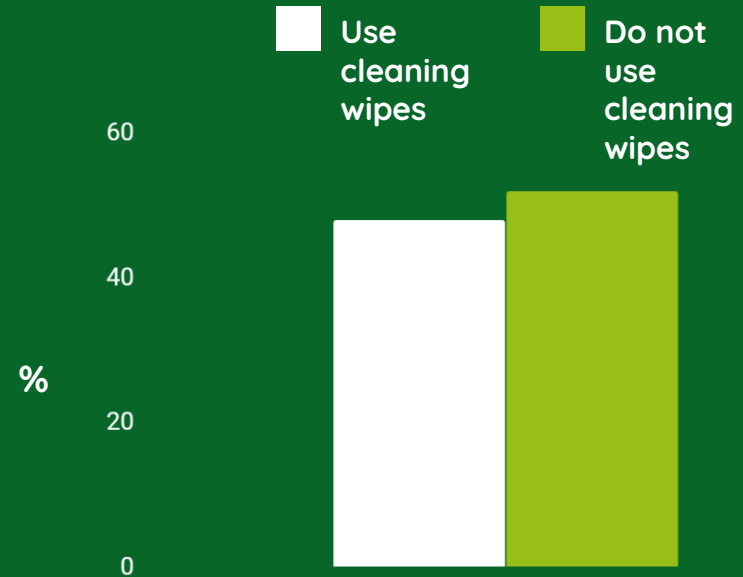
Post primary school participants recording use of ziploc bags in their home

Plastic use in the bathroom

Facial wipes

Participants were asked whether or not they used disposable facial wipes in their home

52% do not use them, while 48% do



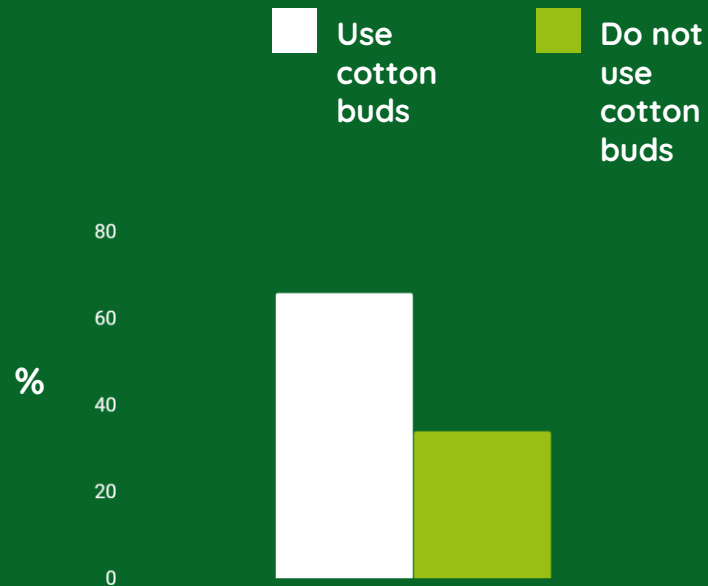
Post primary school participants recording use of facial wipes in their home

Plastic use in the bathroom

Cotton buds with plastic stem

Participants were asked whether or not they used cotton buds with a plastic stem in their home

34% do not use them, while 66% do



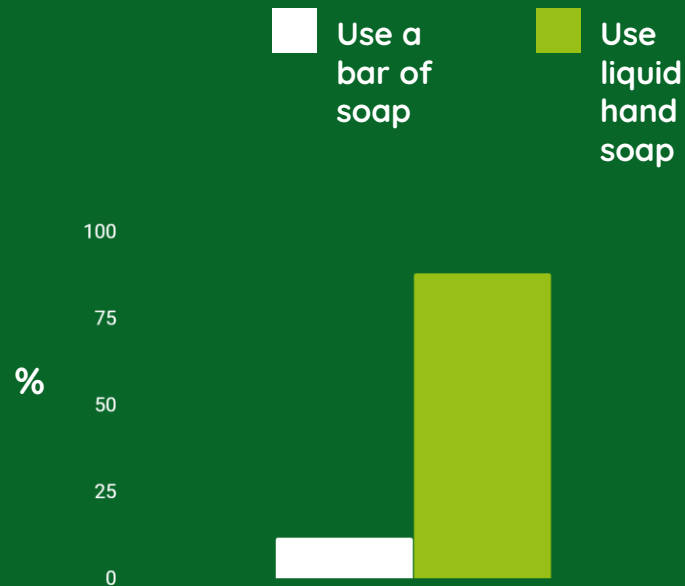
Post primary school participants recording use of plastic stemmed cotton buds in their home

Plastic use in the bathroom

Soap - bars or liquid

Participants were asked whether they used bars of soap or liquid hand soap in their home

12% use bars of soap only, while 88% use liquid hand soap some or all of the time



Post primary school participants recording use of soap and liquid hand soap in their home

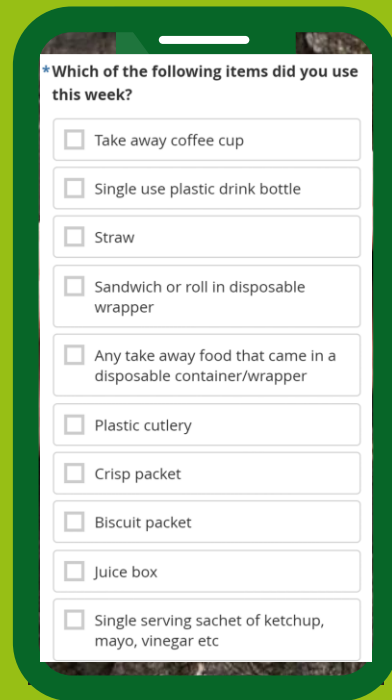
Plastic use

Plastic use
on the go

Plastic use on the go

The plastic use audit

Household and teenage participants
were asked about their plastic use
when out of the home



*Which of the following items did you use this week?

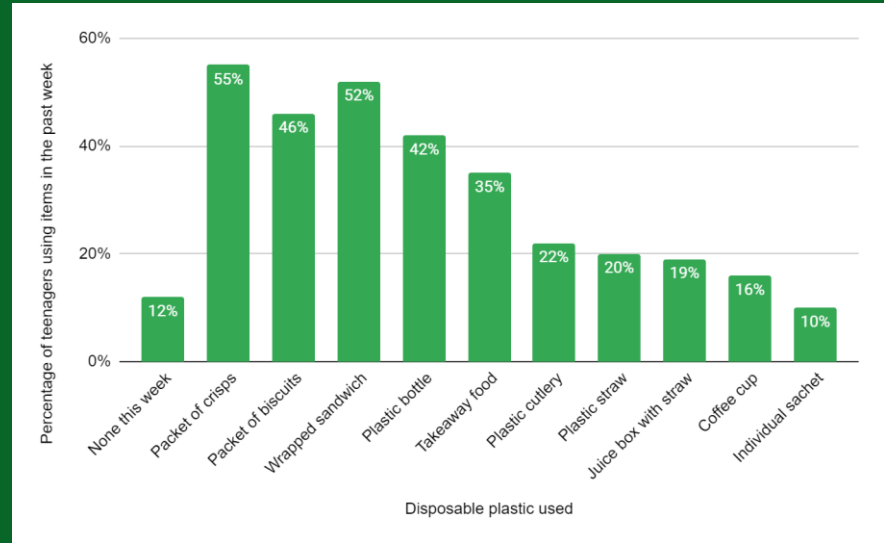
- ☐ Take away coffee cup
- ☐ Single use plastic drink bottle
- ☐ Straw
- ☐ Sandwich or roll in disposable wrapper
- ☐ Any take away food that came in a disposable container/wrapper
- ☐ Plastic cutlery
- ☐ Crisp packet
- ☐ Biscuit packet
- ☐ Juice box
- ☐ Single serving sachet of ketchup, mayo, vinegar etc

Plastic use on the go

Participants were asked what single use plastic packaged items they had used in the past week when out of the home

Only 12% of teen participants had not used any plastic packaged items

This figure for the household programme participants was 10%



Plastic use on the go - results from 100 teenage participants in the school programme

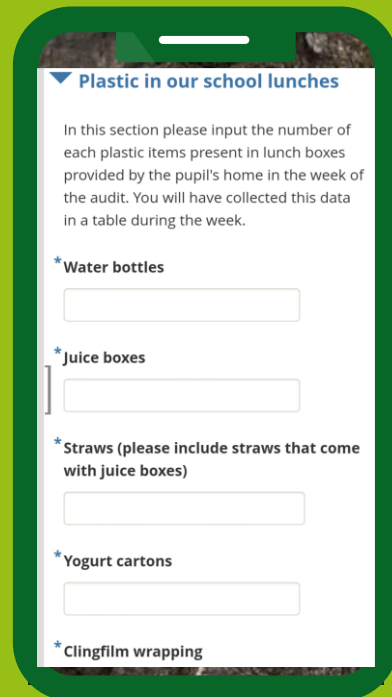
Plastic use

Plastic in
school lunches

The School lunch audit

Plastic in school lunch boxes

Primary school pupils recorded the plastic in their lunch boxes over the period of a typical week



Plastic in our school lunches

In this section please input the number of each plastic items present in lunch boxes provided by the pupil's home in the week of the audit. You will have collected this data in a table during the week.

* Water bottles

* Juice boxes

* Straws (please include straws that come with juice boxes)

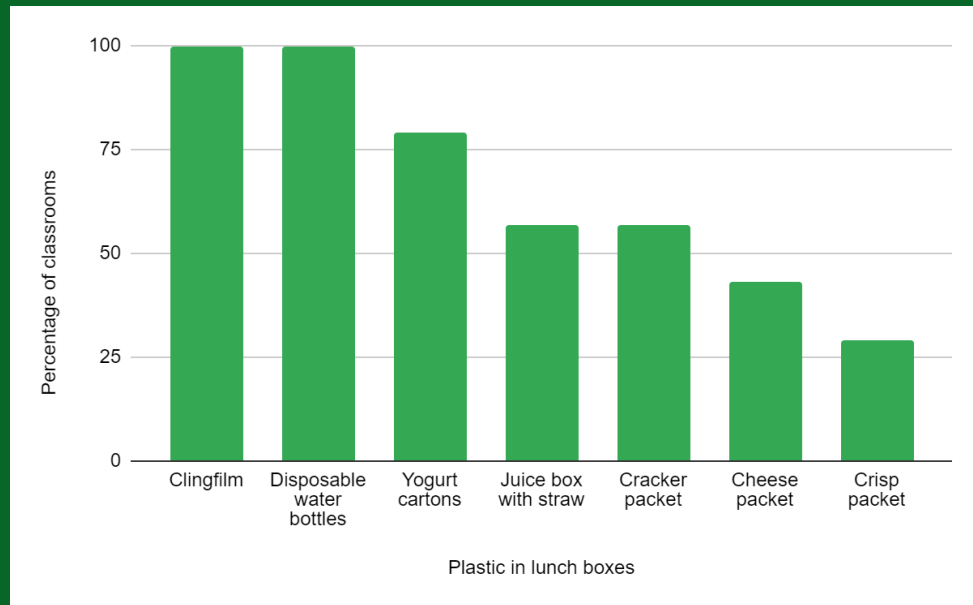
* Yogurt cartons

* Clingfilm wrapping

Plastic in school lunchboxes

The school plastic audit

The results are from 14 primary school classrooms - representing 318 pupils



Plastic in primary school lunch boxes - results from 14 classrooms in the school programme

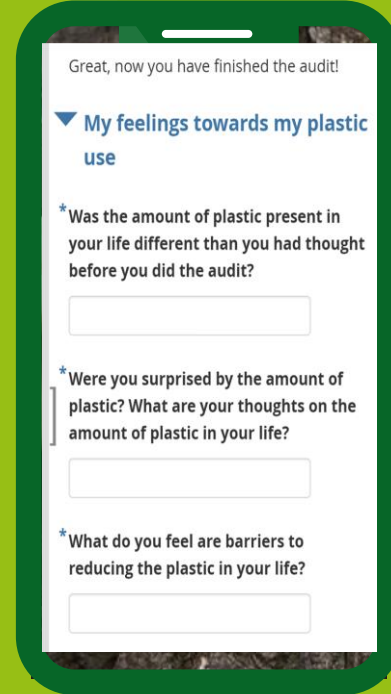
Impact of
the
programme

Awareness
Raising

Impact of the audit

My feelings towards my plastic use

Household and teenage participants were asked to let us know how their actual plastic use as found in the audit compared to their previously imagined plastic use



Great, now you have finished the audit!

▼ **My feelings towards my plastic use**

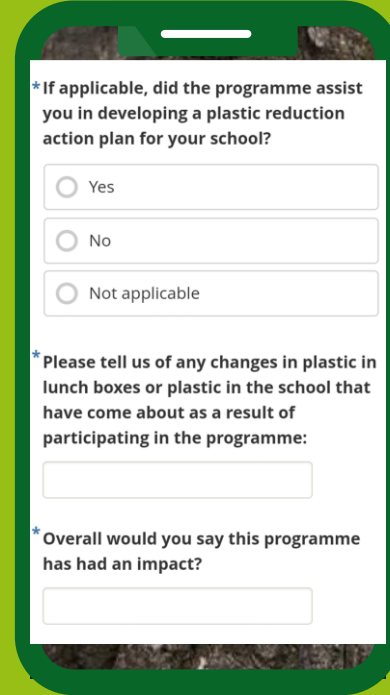
*Was the amount of plastic present in your life different than you had thought before you did the audit?

*Were you surprised by the amount of plastic? What are your thoughts on the amount of plastic in your life?

*What do you feel are barriers to reducing the plastic in your life?

Impact of the school programme

Teachers were asked to let us know the impact of the programme in terms of both pupil awareness levels and development of a plastic reduction plan for the school



*If applicable, did the programme assist you in developing a plastic reduction action plan for your school?

☐ Yes

☐ No

☐ Not applicable

*Please tell us of any changes in plastic in lunch boxes or plastic in the school that have come about as a result of participating in the programme:

*Overall would you say this programme has had an impact?

Success in raising awareness of plastic use

100%

Of teachers reported
an increase in
awareness among
their pupils

62%

Of household
participants were
surprised at the
amount of plastic they
use

63%

Of teenagers were
surprised at the
amount of plastic they
used

"Yes! I'm shocked at how much plastic we use! We will make some changes"

"Yes! Much more than I thought. Very surprised. I thought I was OK!"

—Quotes from household participants when asked 'was the amount of plastic present in your life different than you had thought before you did the audit?'



"Yes! I didn't realise how much we rely on plastic"

"Yes! I thought that my family was better at their use of plastic. It's pretty disappointing!"

—Quotes from teenage participants when asked 'was the amount of plastic present in your life different than you had thought before you did the audit?'



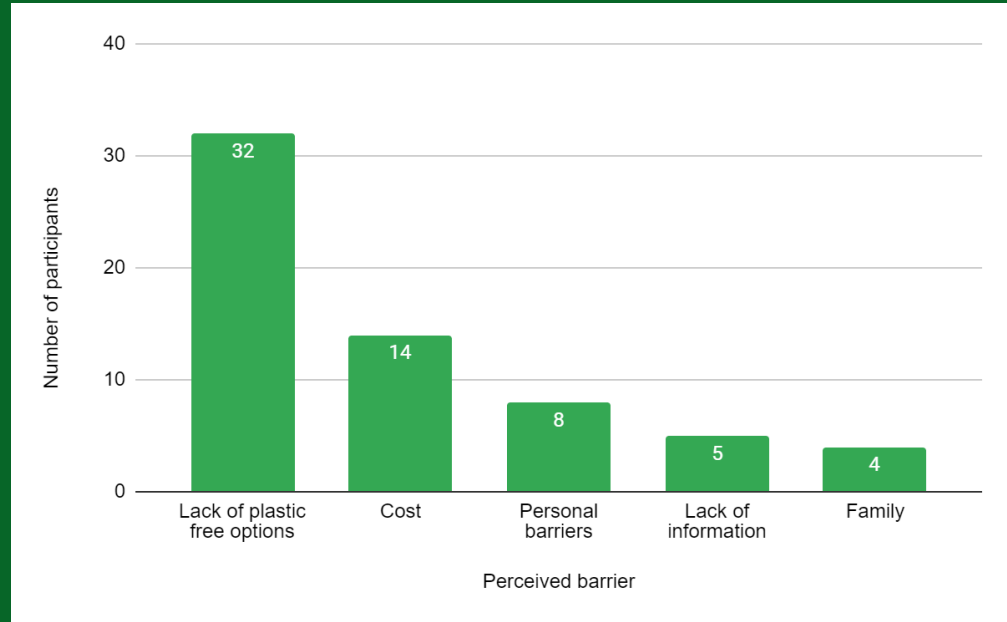
Gathering the
perspectives
of
participants

Perceived
barriers to
change

Perceived barriers to change

Barriers to plastic reduction

The results are from 39 household programme participants



What do you feel are barriers to reducing the plastic in your life?

"Shops don't facilitate plastic free shopping, we are forced to buy an enormous amount of packaging we don't want or need"

"I feel powerless, especially shopping in [name of supermarket]"

—Quotes from household participants
when asked about the barriers to
reducing plastic use



"Having small children and busy
can be difficult to get around
to smaller local shops for
shopping"

"Not much choice for zero waste
shopping in a small town."

—Quotes from household participants
when asked about the barriers to
reducing plastic use



"Supermarkets doing better offers on plastic wrapped fruit and veg."

"I know that the food we buy is mostly sold in plastic, but at present I feel our budget is too low"

—Quotes from household participants when asked about the barriers to reducing plastic use



Impact of
the
programme

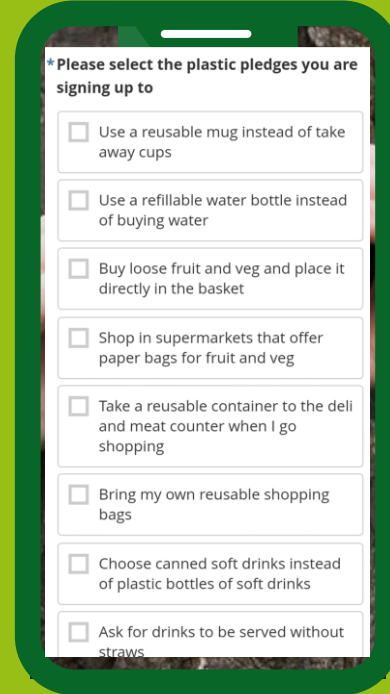
Behaviour
Change

Changes made as a result of the household programme

Plastic pledges

Following the feedback report 16 households went on to set plastic pledges and provide ongoing information on their plastic reduction

All reported that by pledging to small sustainable changes these became normalised within their lives



*Please select the plastic pledges you are signing up to

- ☐ Use a reusable mug instead of take away cups
- ☐ Use a refillable water bottle instead of buying water
- ☐ Buy loose fruit and veg and place it directly in the basket
- ☐ Shop in supermarkets that offer paper bags for fruit and veg
- ☐ Take a reusable container to the deli and meat counter when I go shopping
- ☐ Bring my own reusable shopping bags
- ☐ Choose canned soft drinks instead of plastic bottles of soft drinks
- ☐ Ask for drinks to be served without straws

"I'm doing pretty good on the pledges. Still trying to cut as much plastic out of my daily life as possible. It's very frustrating how much plastic there is. But it's normal for me now to try to avoid plastic. I'm trying to encourage friends to do the same"

—Quote from a household pledge participant



"We've really been making an effort to reduce plastic and it's a great feeling coming home without the packaging! Since starting to really look at plastic consumption, I really can't believe how much plastic is all around! It's crazy..."

—Quote from a household pledge participant

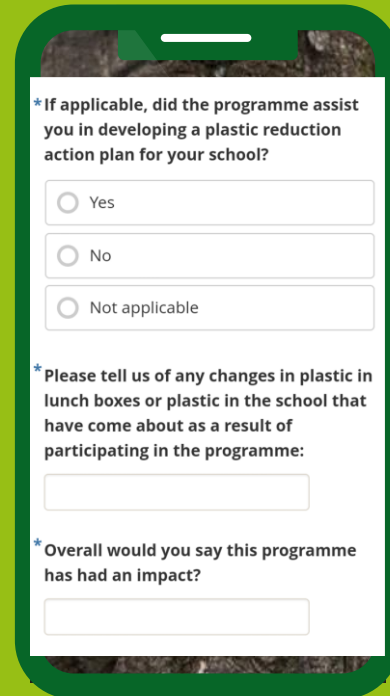


Changes made as a result of the school programme

Action plan development

Teachers were asked to let us know if the school programme led to any ongoing changes around plastic use

Six schools used the programme to develop a plastic reduction action plan for the school



* If applicable, did the programme assist you in developing a plastic reduction action plan for your school?

☐ Yes

☐ No

☐ Not applicable

* Please tell us of any changes in plastic in lunch boxes or plastic in the school that have come about as a result of participating in the programme:

* Overall would you say this programme has had an impact?

"The canteen has switched to wooden knives and forks and lets you bring in your own lunch boxes for hot food"

"Children have been encouraged to pack reusable lunch boxes, use reusable plastic bottles, no single use bottles allowed"

—Quotes from teachers when asked if the school have made any changes subsequent to the programme



"I have seen a lot more children with reusable bottles as opposed to plastic ones!"

"There has been a reduction in single use plastic, and an increase in reusable containers and water carriers""

—Quotes from teachers when asked if they have seen a change in lunch box plastic subsequent to the programme



Main take home messages

- People are using many easily avoidable plastics - raise awareness of simple switches through an information campaign
- Substantial amount of single use plastic in lunch boxes - school lunch box policies should be encouraged to tackle this. However schools on a meal scheme do not have this option.
- Plastic free options should be available in supermarkets as this is where people shop
- Packaged and plastic free options should be priced on the same level
- The plastic use auditing add should be developed for future use

Thanks

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voice



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