

Plastic Free July

Well... eleven days into this challenge not to buy anything which comes in single use plastic, it's time for a progress report.

For the first few days I was in the Lewes area and was most impressed by the level of commitment shown by most tradespeople to eliminating SUP, using instead paper and cardboard. I noticed many shoppers taking their own receptacles for items such as fish, and prepared salads.

Despite this it wasn't entirely smooth running at my end of things:

July 1st: Had a lapse on the first day when in a rush unthinkably bought gooseberries in a plastic punnet at a little market in Ditchling. Was mortified. However, passed it onto my friend's neighbour who said she would use it for blackberrying, so felt a bit better.

July 3rd: was in an eco-conscious shop in Lewes. Nice products and spied ideal coffee..organic and Fair Trade. Into the basket it went but then realised the packet was silver plastic! Oh dear....back on the shelf...

July 4th: Lewes market: On the whole, a plastic-free dream; must have been completely lulled into a false sense of security as arrived back with pot of hummus in the bag. Hmmm... this is harder than expected. It's so easy to forget.

Back in Hythe, was thanking heavens that the garden veg was coming on...kale, broccoli, courgettes and then whatever else we could get at the Farmers' market the next Saturday. Decided to make a mushroom pie (mushrooms bought loose) and bought pastry in the supermarket. In a long cardboard box it looked beguilingly inoffensive and I thought it was wrapped inside in paper. No!... guess what..Oh dear! Here we go again.

On home territory was slightly more on the ball and managed to resist yogurt, hummus, and chocolate dessert in the supermarket. Went back to the market to buy loose broad beans to make BB hummus. Thank goodness wine comes in glass bottles.

Now running out of oat milk. Might just end up with watery cereal for the rest of July. Or perhaps have a go at making some.

July 11th: To Homebase to buy extra water butt and protective netting for cabbages. Both are plastic but not single use and will probably see us out with good care. Netting came in plastic sealable bag so will put best jumper in it to protect it from moths = not single use.

Chris...our Eco-schools muse, did say it wasn't easy. That's an understatement. We're not even half way through but I'm now far more aware of how easy it is to unthinkingly pick up plastic and how this stuff which can be marvellous, is just about everywhere, often hidden. I've hardly been anywhere and have had 3 lapses. This month is certainly raising awareness of how plastic is Everywhere!

Let's see what next week brings.

Good luck to those of you having a go.

