

Plastic is rubbish ... Mae Plastig yn sbwriel...

TM Kate Javady Facebook 'plastic is rubbish'

We can all do something to reduce the use of plastic.

Here some ideas from residents of Llanaelhaern ...

Fedrwn ni gyd gwneud rhywbeth i leihau ein defnydd o blastic.

Dyma rhai syniadau gan drigolion Llanaelhaearn ...

- Wean yourself off disposable plastics.
- Stop buying water.
- Boycott microbeads.
- Cook more.
- Purchase items secondhand.
- Recycle.
- Support a bag tax or ban.
- Buy in bulk.
- Ceisiwch osgoi defnyddio plastig tafladwy.
- Peidiwch a phrynu diodydd mewn potel blastig.
- Peidiwch ddefnyddio cynnyrch sydd yn cynnwys peienni micro.
- Coginiwch fwy yn lle prynu bwyd parod.
- Prynwch nwyddau ail law.
- Ailgylchwch.
- Cefnogwch dacs bagiau neu wraharddiad.
- Prynwch swmp.



Hélène uses Sonnet sponges and reuse old clothes for cleaning. Green-and-yellow plastic kitchen sponges are harmful to the environment; they're made ...



... from **synthetic fibres that pollute waterways** and aren't biodegradable, so they're sitting in landfills around the world. Microplastics and nanoplastics are released from kitchen sponges.



Mari uses bamboo toothbrush. Toothbrushes are made of plastic and should be replaced every three months – meaning in the UK alone **264 million brushes** are thrown away every year.



Karen uses **solar energy to make hot water**. Solar water heating systems, or solar thermal systems, use energy from the sun to warm water for storage.



Hélène buys **twice a year 5 litres of eco** washing up liquid, vinegar and lemon and toilet cleaner to refill. She uses 'Smol' liquid detergent sent in cardboard boxes and toilet paper in bulk 'Who gives a Crap'. She recycles cat food pouches 'Blink'. All that fits in a small cupboard on 3 shelves and saves 47% plastic.



Mari gets her milk delivered in a **reusable glass bottle**, like the old days. We should all be more like Mari ...!



Bea makes tote bags made out of old curtains and textiles she finds **second hand**. She also organises clothes swap which is a great way to **reduce environmental impact** by not buying new clothes.



Mari uses **shampoo bars** instead of buying shampoo in a plastic bottle. Shampoo also comes in refills or metal bottles to refill.