

## What you can do

It's really simple! - take your own reusable bag. You just need to get into the habit of having one with you at all times, so keep some in your car, your handbag, your pockets, just in case. Include picking up your reusable bags into the routine steps before leaving for the supermarket trip - alongside the keys, money and children!

There are hundreds of different reusable bags you can buy in all shapes, sizes and colours - but try and choose one made from a natural organically-grown plant-based fabric.

And if you're only buying a few small items, do you really need a bag anyway?

By this straightforward and pain-free step you can so easily slash this shocking waste of resources and money, and get a warm glow each time you can say 'NO, thank you!' when a cashier offers you a bag! Encourage your family and friends to do the same, and explain why. Such an approach may lead on to discussion of wider environmental issues because, to some extent, attitudes towards plastic bags are symbolic and illustrative of attitudes to waste, the environment, and sustainability in general.

Make sure that those shops which are demonstrating good practice by charging for bags or otherwise encouraging re-use know that you approve. Maybe even consider complaining where you see bad practices.

**Thank you for reading this, and do not underestimate the influence your own actions as an individual can have.**

If you are interested in learning more about the whole subject of plastic bags, there is extensive information at [www.plasticbagfree.com](http://www.plasticbagfree.com). Locally, look out for the "plastic bag free shopping day" planned for March 20th, when it is hoped that as many High Wycombe town-centre shops as possible will refrain from handing out free bags and reward shoppers who bring their own, with proceeds from chargeable bags and "rewards" going to charity. Updates will appear at [www.wycombefoe.org.uk](http://www.wycombefoe.org.uk).

