

# euRRRRope!

Reduce, Replace, Reuse, Recycle

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**Finn Spring**

**Zero waste / Less waste west-friesland**

**WWF**

**Pingo Doce**

**Second hand**

# Finn Spring

Written by: Suvi Riipinen & Jasmiina Väisänen

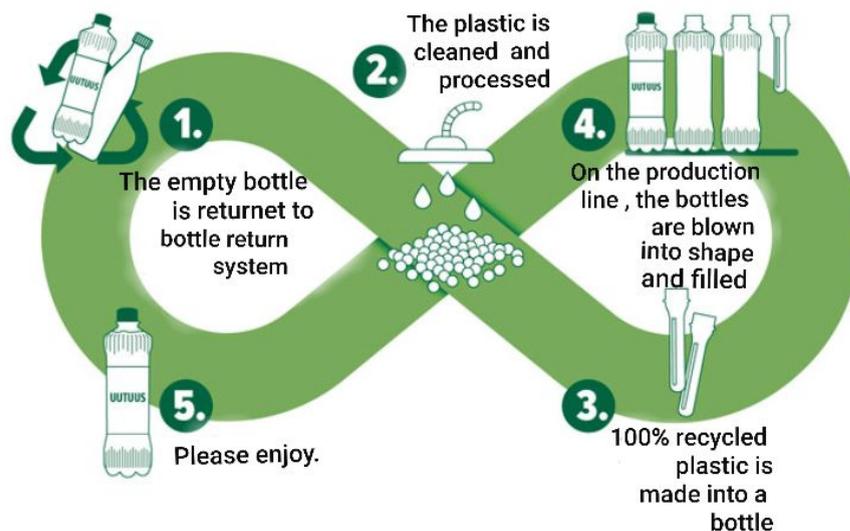
**No more plastic** - Finn Spring is making the first 100% recyclable bottles in Finland.

Finn Spring is Finland's largest producer of spring water, it produces more than 90 % of the spring waters sold in Finland. This year about **165 tonnes** of plastic will not be born. The first recyclable plastic bottles will arrive in the spring 2020. The company wants to offer an environmentally friendly alternative.

**The PET bottle can still be recycled as usual through a bottle return system.** The change is estimated to reduce the carbon footprint by half.

The company has also started to think about renewable energy and that's one of the reasons why bottles are made by recyclable plastics. Finn Spring is reliable and high quality company. The price-performance ratio of the products remains competitive and the company uses energy and raw materials efficiently.

In addition to bottles recycled plastics are used to make for example packaging materials and clothing fibers.



sources:

<https://finnspring.fi/yritys/tuotanto-ja-kehitys.html>

<https://yle.fi/uutiset/3-11138758>



# WWF

Written by: Tiina Tarvainen

WWF is international environmental organization. It works to stop climate change and to protect water system, endangered species and forests. It's also doing it's best with sustainable development.

The goal of organization is to stop the plastic to end up on the oceans by 2030. To get there, the organization does many kind of actions. It for example organizes events for volunteers to pick up the trash together. It have also made international agreements concerning plastic waste. It has already got 1,5 million names to international plastic waste agreement. The agreement oblige all 40 signed countries to decrease their plastic waste.

WWF works with many companies. For example H&M have made clothing collection for kids and donated the money to WWF. WWF also encourages companies to make long-lasting products and use recyclable plastic and eco-friendly packaging materials. It's also trying to make producers to take responsibility of recycling their products.

The organization tries to take part in political decisions. It works with politicians and tries to make them to come out with laws concerning using plastic and plastic waste. The organization also works for more effective recycling and shares information and concrete tips to companies and individuals.



Sources:

<https://wwf.fi/uhat/merten-muoviroska/>

# Pingo Doce

Written by: Bianca Henriques

In Portugal, the supermarket Pingo Doce does campaigns to help the environment! There is a total of 345 establishments that are a part of this initiative to recycle plastics like coffee capsules, lids, etc... which means that 90% of the stores are a location get rid of waste while helping the environment.

The objective of this gathering is too give the money they collect from giving the trash to the recycling companies, to charity.

This particular supermarket is known for their environment friendly actions, they also encourage their cooperators and consumers to adopt good environmental practices, mostly recycling and saving resources like water and energy.

In this supermarkets you can also find specific waste containers for electronic devices, lamps, batteries and used cooking oils. In 2011, for example, were thrown away more than 366 tons of residues for valorization.

## **Resource management flux:**

The resource management flow is: first the customers deposit their waste in the eco points assigned for the type of waste it is, in one of the 345 supermarkets that are a part of this initiative.

After that the trash company goes to the supermarkets to pick it up and take it to the place where they take care of it, next they separate it and treat so it is either reused or burned so it does not pollute the environment.

At last they recycle it and the supermarket gets money for it, wich then they donate to the local charities and orphanages.



Sources: <https://www.pingodoce.pt/servico-de-reciclagem/>  
<https://www.pingodoce.pt/o-pingo-doce/comunicacao-e-ambiente-de-loja/>

## Second hand – one man's trash is another man's treasure

Written by: Nadja Ericson

Second-hand stores or “loppis” is a concept in Sweden where people, instead of throwing away things that they don't use anymore, can leave them at a place where they can be sold again to someone who may need it. Many second-hand stores in Sweden are run by charity organizations, who get donated things by private persons or companies and then use the money or the charity work in the organization. Examples of these types of organizations in Sweden is Myrorna, Röda korset, Stadsmissionen and Erikshjälpen.



Except for charity, there are several other positive aspects of second-hand stores. One of them is that it is cheaper than buying new things, and often still with good quality, which makes it possible for everyone to get things without paying a fortune. However, one of the biggest benefits with second hand is the environmentally friendly aspect.

60 percent of the clothes that are thrown away in Sweden today are intact and could be used again. However, current research shows that more and more swedes are aware of the consequences that comes with overconsumption and what impact it has on the environment. Due to this, more swedes tend to shop second-hand, which probably is why the second-hand stores has gotten increased popularity the recent years. That in turn reduces the production of new clothes, shoes and other things, which can result in less carbon dioxide in the atmosphere and less impact on the global warming.

In terms of plastic, second hand is also a big opportunity to reduce the plastic waste. Secondhand stores are an excellent way of reusing things. Even if you don't need something anymore, someone else will with great probability need it. By that means that things that in other cases had been thrown into the garbage or in the nature, can get a new home and a new purpose, thanks to a second-hand store. Toys, clothes, shoes, electronic devices and household articles – almost everything can be used again. This reduces plastic not only in the production of new things, but also in packages, since they aren't necessary for already used things.

Most important, thanks to second-hand stores, things made of plastic that aren't used anymore don't have to get burned up or thrown into nature. Instead it can be used by someone else. It is like the saying: one man's trash is another man's treasure.

Sources:

<https://www.myrorna.se/om-myrorna/> 2020-01-21

<https://www.ne.se/uppslagsverk/encyklopedi/lång/second-hand-kläder> 2020-01-21

<https://www.naturskyddsforeningen.se/nyheter/ny-trend-trotsar-konsumtionshetsen-farre-nyaklader-mer-second-hand> 2020-01-21

Photo: Fredrik Hjerling

<https://www.flickr.com/photos/miljopartiet/48598200452/in/photolist-BtsgMy-fnPwgrbLdw8R-a8YC8F-2h3swqf-2h3stUi-2h3swsp-2h3stRN-2h3sph2-p63poj/> 2020-01-22

# Personal task

Tiina:

## **How can I reduce my use of plastics or recycle it better?**

We have been talking at home about having a special bin for plastics because the most of our garbages are plastic. Then we could take our plastics to recycle centre so they would be recycled.

## **Is there a personal challenge I should take on?**

I think I should start to think more about recycling my plastic waste. I haven't given a thought for that but I think I really should.

## **Do I buy products wrapped in a lot of plastic? Is there a better alternative?**

Buying products that wouldn't be wrapped in a lot of plastic is very challenging. There is not much that individuals can do, it's all up to companies. There is not many options in the market. Almost everything is wrapped in plastic. The bioproduct mill has developed cardboard packages which would be a better option but so far I haven't seen any to be used.

## **Are there microplastics in the hygiene products and cosmetics that I use? Could I stop using them or replace them with products free from microplastics?**

I checked out my deodorant, shampoo and toothpaste to find out if there's any microplastics. Luckily there wasn't any.

## **Do I recycle my plastic waste (plastic packaging material)?**

We don't recycle our plastic waste in my family yet. The main reason are recycling centres. There is no possibility to take plastics to markets like drinking bottles which means you can't recycle them easily when you go for example to buy some food. There is only a few recycling centres in our city and we don't even know where. But at least not near our house. That makes recycling plastics more difficult.

## **Do I buy bad quality products made of plastic? Could I replace them with more long-lasting products?**

I try to avoid products with bad quality. I don't like shopping so I want my products to be long-lasting. I also go to flea markets a lot which I have found to be a good option.

Bianca:

**How can I reduce my use of plastics or recycle it better?**

To reduce the use of plastics in my daily life I could try to find alternatives for some products in the local supermarket that don't contain plastic in the packaging and not in the actual product either.

In my home I already do recycling but I am going to try to be more responsible about that.

**Is there a personal challenge I should take on?**

Be more awarefull of the environment and do more things to help it like use less things that contain plastic. I should buy a more resistant water bottles so I don't throw away so many water bottles unnecessarily.

**Do I buy products wrapped in a lot of plastic? Is there a better alternative?**

In my local supermarket most of the things I need to buy are either raped in plastic or made of it. The alternative is trying to reuse what I can and try to find alternatives for plastic wrapping like paper or cardboard.

**Are there microplastics in the hygiene products and cosmetics that I use? Could I stop using them or replace them with products free from microplastics?**

During this search I found out that my shampoo and conditioner contain EU prohibited products so I intend to change them as soon as I can. On the other hand my toothpaste and deodorant do not contain any of those products or plastics, so I will keep using them.

**Do I recycle my plastic waste (plastic packaging material)?**

Yes, I have been recycling it at home for a long time.

**Do I buy bad quality products made of plastic? Could I replace them with more long-lasting products?**

Yes, I usually buy a water bottle after like one week of using it so I intend to get a more long-lasting one so I reduce my use of plastic. I am going to try to do that with as much products as I can.

# Jasmiina

## **How can I reduce my use of plastics or recycle it better?**

- I think that there are many ways to do things better with this. Most of the products I buy are packaged in plastic. But I could take the plastics to the plastic collection.

## **Is there a personal challenge I should take on?**

- I think that each of us can have some influence. One thing what I could do is recycling and trying to buy products that don't include plastic.

## **Do I buy products wrapped in a lot of plastic? Is there a better alternative?**

- I don't actually know what I should answer to this. If you have to buy something important that contains plastic and there is no other way to do it, so...? I don't know what I should do then. I think that you can buy some products without including plastic but not all.

## **Are there microplastics in the hygiene products and cosmetics that I use? Could I stop using them or replace them with products free from microplastics?**

- There are no microplastic in my hygiene products, but there are some make up products which includes parabens.

## **Do I recycle my plastic waste (plastic packaging material)?**

- Not much, and that's why I maybe should take this a personal challenge for me. Usually I take bottles for bottle collection but that is the only thing what I do at the moment in my life if we are speaking about recycling and what I should do better.

## **Do I buy bad quality products made of plastic? Could I replace them with more long-lasting products?**

- Sometimes you have to buy products that aren't good. Plastic is long lasting, so I try to buy products like that then them last longer.

Nadja:

**How can I reduce my use of plastics or recycle it better? Is there a personal challenge I should take on?**

Of course, there is always some ways to reduce the use of plastic. But it can be difficult to use no plastic at all since there isn't really another material that can replace plastic in many cases. However, I can be better at recycle plastic even more, and it is a personal challenge I should take on.

**▪ Do I buy products wrapped in a lot of plastic? Is there a better alternative?**

I do buy things that are wrapped in plastic, but many things are hard to find without a plastic package, for example food. This makes it difficult to reduce my plastic consumption since I need to have food even if it is wrapped in a lot of plastic. However, this means that it only gets more important to recycle the plastic.

**▪ Are there microplastics in the hygiene products and cosmetics that I use? Could I stop using them or replace them with products free from microplastics?**

There are no microplastics in my toothpaste, nor in my shampoo, conditioner or deodorant, so I can keep using them. I will check the products that I have at home too and if they contain microplastics I will replace them with products free from microplastics.

**▪ Do I recycle my plastic waste (plastic packaging material)?**

I do recycle some of my plastic waste. I always recycle plastic bottles and other products made of plastic, but I could be better at recycling for example things made of both plastic and paper.

**▪ Do I buy bad quality products made of plastic? Could I replace them with more long-lasting products?**

I try to buy things that are more long-lasting, but sometimes you need to buy new things that maybe aren't that good. At least I always try to repair things that are broken, or if I don't use something anymore, I leave it for second hand instead of throwing it away. Then other people can get use of it instead.

Stella:

**How can I reduce my use of plastics or recycle it better?**

I could collect all the plastics first and throw them out together in a plastic collection bin.

**Is there a personal challenge I should take on?**

I could try to reduce my plastic use and my usages of products with microplastics in them.

**Do I buy products wrapped in a lot of plastic? Is there a better alternative?**

In my opinion I don't buy product wrapped in a lot of plastic, just the packaging is plastic but not like it is wrapped in another layer of plastic.

**Are there microplastics in the hygiene products and cosmetics that I use? Could I stop using them or replace them with products free from microplastics?**

I checked my shampoo, shower gel, lip balm, toothpaste and my micellar cleansing water. I checked the ingredients with the CosmEthics application, you could use it when you

downloaded the app in the App Store, Play Store or search the site on the internet.



My shampoo, shower gel, lip balm and toothpaste don't contain any bad products or microplastics so I will keep using them, but my cleansing water on the other hand contains Polyaminopropyl Biguanide so when I get home I will switch to the Simple water boost cleansing water.

**Do I recycle my plastic waste (plastic packaging material)?**

I recycle some of my plastic waste. Some goes back to the supermarket to get recycled, some goes to special collection bins and some just goes in the residual waste container.

**Do I buy bad quality products made of plastic? Could I replace them with more long-lasting products?**

I don't think I have bad quality products who are not long lasting, because most product who have microplastics in them the plastics are used for preservation.

**Does my clothing contain microplastics?**

So now I am going to address clothing pieces I am currently wearing in Finland. I found out what materials are in my clothing by looking on the label in my clothing or searching the pieces on the internet.

- 1) My low socks, these are Nike everyday lightweight socks. They're made out of 56% cotton, 30% polyamide, 13% polyester and 1% elastane.

- 2) My sweater, it is a maison scotch sweater. It is made out of 85% cotton and 15% polyester.
- 3) My jeans, these are the levi's balloon leg jeans. The internet says they're made out of 100% denim cotton.

Now I am going to tell a little bit about all of the materials. Cotton is a soft fiber. Soft, air-permeable textile is made from it. The second material is polyamide. A few examples: wool and silk are natural polyamides. In addition, there are numerous plastics made of polyamide, such as nylon and aramid. Polyester is often a liquid mixture of unsaturated polyester and styrene. These two substances can react with each other under the influence of a hardener to form a hard plastic. And as last elastane. Elastane is a synthetic fiber that distinguishes itself from other synthetic fibers by its great elastic stretchability.

Elastane is an elastomer that is used as a substitute for rubber and is therefore also called synthetic rubber.

Suvi:

**How can I reduce my use of plastics or recycle it better?**

There is always some ways to reduce the use of plastic. But it can be difficult to not to use plastic at all since there isn't really another material that can replace plastic. However, I can be even more better at recycle plastic, I could collect all the plastics first and throw them out together to a plastic collection.

**Is there a personal challenge I should take on?**

Yes, I think I should start thinking more about the environment and do more things to help it like use less things that contain plastic. And I should start taking my plastics to the plastic collection.

**Do I buy products wrapped in a lot of plastic?**

Buying products that wouldn't be wrapped in a lot of plastic is very challenging. There is not much that I can do, because almost everything is wrapped in plastic. And there is not many option in super markets when it comes to packaging materials

**Are there microplastics in the hygiene products and cosmetics that I use?  
Could I stop using them or replace them with products free from microplastics?**

No, there wasn't any microplastics in my hygiene products or make up.

**Do I recycle my plastic waste (plastic packaging material)?**

No, I don't, and that's why I maybe should take this a personal challenge for me. Usually I take bottles for bottle collection but that is the only thing what I do at the moment in my life if we are speaking about recycling and what I should do better.

**Do I buy bad quality products made of plastic? Could I replace them with more long-lasting products?**

I don't buy any bad quality products made with plastic. I try to buy things that are more long-lasting, but sometimes you need to buy new things that maybe aren't that good.