YOUR HOW-TO GUIDE



DATES FOR THE DIARY: The Big Plastic Count: 31 March-6 April 2025

Submission deadline: 13 April 2025

Results published: May 2025

HOW TO PREPARE

Get ready in three simple steps

- 1. Cut out the Let's Count Tally Sheet on the left and stick it somewhere you'll see it: on the fridge, near the bin or beside the recycling.
- **2.** Check the types of plastic we're recording by visiting thebigplasticcount.ch/identification-du-plastique.
- **3.** Tell the people you live with that you're taking part. We want to count household plastic waste, so that means everyone at home needs to tally their plastic before throwing it away.

HOW TO TAKE PART

- **1.** Between **31 March–6 April 2025**, tally the plastic you use on the Let's Count Tally Sheet. This includes plastic that goes in the bin and in the recycling.
- **2.** When you're out and about during the week, record any plastic you use, like packaging from take-away lunches or service station snacks, then tally it up when you get back home.
- **3.** At the end of the week, submit your results by **13 April 2025** at: <u>thebigplasticcount.ch/envoyer-sesresultats</u>.

HOW TO SUBMIT YOUR RESULTS

Once the week is over, simply submit your results by 13 April 2025 on our website: **thebigplasticcount.ch/envover-ses-resultats**

thebigplasticcount.ch/envoyer-ses-resultats or scan the QR code

SCAN AND SUBMIT RESULTS:



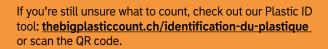
WHAT NOT TO COUNT

Plasters, medication packaging, period products, nappies, poo bags, plastic cutlery, drinks cartons.

We aren't counting plastic items that are used for medical or sanitary reasons as these are vital for the people who need them. We're also not counting Tetra Pak items – the plasticised cardboard that many drinks cartons are made of – because it's hard to trace. That includes sandwich packaging, coffee cups, Pringles and similar products.

When taking part, you might feel like the plastics crisis is your fault. It's not. Only governments, brands and supermarkets have the means to provide accessible alternatives. Your evidence will persuade them to do that.









LET'S COUNT





Total

TALLY SHEET

Print this off and stick it somewhere you'll see it, then tally the types of plastic packaging you throw away each day.

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FOOD & DRINK



Small bottles (up to 500ml)

(water, soft drinks, sauces etc.)



(water, squash, cooking oil, milk etc.)

Hard plastic caps and lids

(from bottles, cartons, jars etc.)

Peelable film lids

(from soft fruits, fish, falafels, dips etc.)

Fruit and veg trays, pots and their hard lids

(berries, grapes, stir fry, tomatoes etc.)

Fruit, veg and salad bags, wrappers and nets

(salad, bananas, cucumber, lemons etc.)



Black pots, tubs and trays

(ready meals, chilled foods, cooked meats etc.)

Total

Pots, tubs and trays

(yoghurt, dips, butter, pastries, meat etc.)

Snack bags, packets and wrappers

(crisps, biscuits, cereal bars, chocolate etc.)

Other hard food and drink packaging

(coffee pods, plastic corks, polystyrene cups etc.)

Other soft food and drink packaging

(rice, bread bags, frozen peas, cling film, cheese etc.)

CLEANING & TOILETRIES



Small bottles (up to 500ml)

(hand wash, shampoo, washing up liquid etc.)

Large bottles (over 500ml)

(toilet cleaner, bleach, surface cleaner etc.)

Pots, tubs and tubes

(moisturiser, suncream, laundry tablets etc.)



Squeezy tubes

(toothpaste, make-up, skincare cream etc.)

Other hard cleaning and toiletries packaging (toothbrush packs, razor packs, mascara etc.)

Other soft cleaning and toiletries packaging (toilet roll wrap, dishwasher tabs, wet wipes packs etc.)

EVERYTHING ELSE



Other hard plastic packaging

(plastic packaging for toys, tech, stationery, DIY etc.)



Other soft plastic packaging

(pet food pouches, carrier bags, bubble wrap etc.)

SUBMIT YOUR RESULTS

Submit your findings at: thebigplasticcount.ch/envoyer-ses-resultats or scan the QR code to the right.



NOT SURE WHERE TO PUT AN ITEM?

Check out our Plastic ID tool: thebigplasticcount.ch/identification-du-plastique or scan the QR code to the right.

