

The Harrogate District Plastic Free Directory

Issue 1 Summer 2018



Compiled by



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Use your right to consumer choice,

single use plastic will reduce if we buy much less of it.

The Small Print: This directory does not endorse any single retailer or supplier. It is completed to the best of our knowledge and takes no responsibility for differences experienced by the consumer. It is intended as a helpful guide to plastic free living.

To reduce the plastic you use, choose the product over plastic starting with-

- loose,
- In paper,
- In cardboard,
- In glass,
- Ingredients to make available in non-plastic,
- Refilled from large plastic,
- Largest plastic bag/box you can find



General Tips

- ✓ Use what you already have in the house, make good use of all the plastic you already have - Bags for life, margarine tubs, Tupperware boxes.
(The most zero waste product is the one you already have)

Sourcing plastic free means using a variety of retailers and suppliers. It helps to be efficient.

- ✓ Make a meal plan for the week/2 weeks, take a list, plan your route starting from the shop furthest away maximising left-hand turns.
- ✓ Continue to use any online shopping to save carrying the larger heavy items - but you may need to schedule this every other week or monthly for cost effectiveness.
- ✓ Keep a running list for picking up items whilst you are running other errands to minimise extra trips. Eg A bakery on the school run.
- ✓ Keep a well-stocked pantry of tinned/glass items.

Key

TYOC - Take your own container

Carry with you: shopping bags, cotton produce bags (make your own or available from Jarfull, Lakeland), paper bags (to use when only plastic is provided for loose produce), tupperware/plastic pots for liquid/meat items.

Terracycle Recycling certain items of plastic not accepted at kerbside. To find collection points go to <https://www.terracycle.co.uk/en-GB/brigades>. Alternatively Leeds charity Ellie's Fund collect to raise money: <http://www.btrs.org.uk/News/Latest-News/Ellie-s-Fund-Recycling-raises-%C2%A352,000>

A list of the suppliers and retailers is available on page 5.

Directory

Food Cupboard

Grains-

Pasta	Barilla brand in cardboard - Morrison's or Ocado
Rice	Plastic free pantry, JarFull
Risotto Rice (Arborio)	Sainsburys own brand in cardboard.
Cous Cous	Plastic free pantry, JarFull

Cereal Recycle the cardboard kerbside, take the plastic liner to the plastic bag recycling points at any supermarket.

Sugar Look for paper packaging e.g Billington's brand or from Plastic free pantry

Biscuits Bake them or Terracycle the packets

Bread Bake your own or bakery - Supermarket in store, The Avenue, The Secret Bakery.

Garlic Bread Loose bread buns sliced, buttered with home-made garlic and herb butter wrapped in foil, frozen until needed or baked in oven gas mark 6 about 15 minutes.

Loose fruit and vegetables

Regal Fruiterers, Fodder, Roots and Fruits, Harrogate Food Assembly, Morrison's seems to have greatest loose choice from the supermarkets (including plastic free cucumber!). Alligator Foods.

Tip- Buy fruit and veg in season and freeze for availability in other months eg Blueberries, raspberries, peas, beans even pumpkin (chop up first!). This is also very cost effective. Freeze untouched and wash when thawed. Strawberries don't home freeze – however strawberry puree does and makes a lovely sauce for yogurt/puddings.

Oats, dried fruit, nuts, museli, granola

Bulk store (TYOC) from Alligator Foods or Plastic Free Pantry, JarFull, Holland & Barrett

Dairy Cottage Cheese, Double cream, Cream cheese, Natural Yogurt refills from Fodder (TYOC)

Hard Cheese wrapped in paper or wax – Fodder, The Farm Dairy, Truckle Bros (Morrisons), The Cheeseboard

Frozen Check plastic packets for ability to recycle with supermarket plastic bag collection. Eg spinach

- Peas- available in tins or buy largest bag possible with zip lock and reuse for frozen food/produce.
- Chips - switch to potato waffles or jacket potatoes eg Bannisters available from Morrisons. Make chipped potatoes/roast potatoes from fresh.
- Fishfingers

Herbs

Refill (TYOC) at Alligator Foods, Sainsburys are in glass/metal , grow your own on a windowsill - freeze in ice cubes for use in winter.

Olive oil

Refill at Cave and Castle

Meat (TYOC) Kendall's Butcher, Yorkshire Farmer's Meat Company,
Fodder, Morrison's.

Fish (TYOC) Ramus, Morrison's.

Butter Waitrose own brand in paper

Ice cream Ben and Jerry's in cardboard

Tea Loose PG tips, Betty's, Hebden Tea, Alligator foods. Tea egg or
strainer required!

Coffee Loose from Cave and Castle, Betty's, Alligator Foods, The Farm Dairy
Milk & orange Juice Find a milkman who delivers in glass (see examples
below)

Toiletries

Soap Bar Dove single in a box - Ocado, Yorkshire soap company, Lush

Pantry liners, pads and Tampons TOTM online or Moon Cup

Toilet Paper From Who gives a Crap

Facial Toner Witch hazel (Care brand in glass from pharmacy)

Shaving Metal safety razor (Plastics free) brush and shaving soap (an
investment).

Shampoo & conditioner Solid bars available trial and error to see
which is best for you- Eg Friendly or Funky soap.

Exfoliator From Lush

Eye make-up remover Coconut oil

Toothbrushes – Bamboo from Jarfull, InGreens, Plasticsfree

Deodorant – Earth Conscious in card or tin , Jarfull or online.

Cotton Buds InGreens online

Cotton wool/pads Switch to washable cotton rounds. Online or make
your own.

Tissues Plastic free Sainsbury own brand recycled or handkerchiefs

Household

Splosh Online refills for daily cleaning products

Homemade surface cleaner –

Vinegar soaked in citrus fruit (2weeks) add 1 cup to 0.5-1 tbsp bicarbonate of soda a squirt of liquid soap (or melted down soap bar) and essential oil optional.

Cling Film Beeswax Wraps or Bowlovers (From Amazon)

Dishwasher Powder Loose in a box Sainsbury own brand.

Plastic free dishwasher tablets From Home Bargains

Washing powder Loose in a box eg Persil.

Ecover Refills Cave and Castle and Thinkfink.

Ecoegg available online removes the need for washing powder.

Take Away and Lunches

Curry Counter Leeds Road (TYOC)

Rafi's Spice Box (just add meat or veg) (TYOC)

Pizza Hut Their boxes are recycled, and you can try and ask them to leave out the little plastic box lid holder

Carry a Keep Cup Reusable coffee cup, many outlets offer them including ecoffee cups available from Little Breads.

Water Carry a refillable water bottle. Stainless steel widely available (Even M&S!)

Cutley Bamboo or small metal sets available to carry with you

Straws Non-plastic available.

Lunchbox Stainless steel available from Elephant Box.

Stockist List

Online

- Plastic Free Pantry Nottingham <https://plasticfreepantry.co.uk/>
order best shared with a friend
- InGreens Plastic free toiletries <https://ingreens.co.uk/>
- TOTM- Time of The Month <https://www.totm.com/>
- Plasticsfree – Plastic free bathroom and kitchen products
<https://www.plasticsfree.co.uk/>

- Elephant Box <https://elephantbox.co.uk/>
- Who Gives A Crap – Toilet paper that builds toilets.
<https://uk.whogivesacrap.org/>
- Funky Soap <https://www.funkysoapshop.com/>

Harrogate

- JarFull online <https://www.jarfulluk.com/> or via Harrogate Food Assembly
- Betty's – Parliament St. or Harlow Carr
- Lush- Cambridge Street
- Holland & Barrett - Cambridge street
- Fodder - Yorkshire Showground
- Regal - Kings Road
- Roots and Fruits - King Edwards Drive, Hgt hospital and delivery.
- Rafi's Spice box - Commercial Street
- Little Breads – Kings Road, Harrogate.
- Berry's Milk – Milk and orange juice delivered in glass. Contact berrysmilk@outlook.com
- The Avenue Bakery – Church Avenue, Bilton
- The Secret Bakery – Knaresborough Road or via Food Assembly
- The Cheesboard – Commercial Street
- The Food Assembly – Provider of local producers (like a market) Order weekly online (app) before Tuesday midnight for collection at Harrogate Cricket Club Thursday 5.30-7pm.
<https://thefoodassembly.com/en/assemblies/10294>. Email harrogatefoodassembly@gmail.com

Knaresborough

- Cave and Castle – Castlegate
- Yorkshire Soap Company – Castlegate
- The Farm Dairy – Market Place
- Weekly market – Wednesday
- Monthly market – third Saturday of the month

York

- Alligator Wholefoods 104 Fishergate York. Bulk food store. (fresh food delivered to them Tuesday). Short stay on street parking close by.

- Hebden Tea - The Shambles or <https://www.hebdentea.com/>
- The Nut Shop 21 Market Street York
 - Ainsty Farm Shop - A59. <http://www.ainstyfarmshop.co.uk/>

Ripon

- Home Bargains

Boroughbridge

- Fink 14 High St Boroughbridge

Difficult items! – All ideas gratefully received!

Items most difficult to manage the use of plastic that we would love to see made more widely available in non-plastic alternatives-

- Toothpaste - alternatives are available. Most do not contain fluoride and are not appropriate for under 6 years old (and require strong taste buds!) - see online plastic free retailers.
- Crisps - All in foil/plastic - avoid the cardboard/plastic tubes these are hopeless as they are mixed. Use of larger sharing bags reduces the plastic per crisp. Alternatives such as popcorn can be tried, as the kernels come loose in bulk.
- Makeup - Occasional items available in glass Eg Myroo Skincare, & Trilogy. Recycle plastic lids/pump tops with freecycle. Or try making your own, find recipes online.

Please let you know your thoughts so we can improve these listings! Contact Plastic Free Harrogate via Twitter @plasticfreehgt or @wastenotwantnothgt Or via our blog www.wastenotwantnothgt.blog – Thank you!