

**Life without plastic:
pioneer families show how it's done**

Carrier bags are easy to replace and milk can come in glass bottles but what about deodorant, toothbrushes and clingfilm?

Bettina Maidment hasn't emptied the kitchen bin since the beginning of November. The time before that was in August. "You can reduce your rubbish a lot", she insists, pointing to her recycling and food compost bins. "I have two kids and they're pretty anti-plastic – I am their mother after all – but it is do-able".

Nosheen Iqbal, *The Guardian*, December 29th, 2018