

THE BIG PLASTIC COUNT

LET'S COUNT!

TALLY SHEET







Tally all the plastic packaging everyone at home throws away by matching it with the types of plastic below. At the end of the week, count up the total number of plastic items thrown away from each category.



Tick off the days as you count your plastic:

M
 T
 W
 T
 F
 S
 S




Name:




FOOD & DRINK

	Small bottles (up to 500ml) (water, soft drinks, sauces etc.)	Total
	<input type="text" value="e.g. ### "/>	<input type="text"/>
	Large bottles (over 500ml) (water, squash, cooking oil, milk etc.)	
	<input type="text"/>	<input type="text"/>
	Hard plastic caps and lids (from bottles, cartons, jars etc.)	
	<input type="text"/>	<input type="text"/>
	Peelable film lids (from soft fruits, fish, falafels, dips etc.)	
	<input type="text"/>	<input type="text"/>
	Fruit and veg trays, pots and their hard lids (berries, grapes, stir fry, tomatoes etc.)	
	<input type="text"/>	<input type="text"/>
	Fruit, veg and salad bags, wrappers and nets (salad, bananas, cucumber, lemons etc.)	
	<input type="text"/>	<input type="text"/>


	Black pots, tubs and trays (ready meals, chilled foods, cooked meats etc.)	Total
	<input type="text"/>	<input type="text"/>
	Pots, tubs and trays (yoghurt, dips, butter, pastries, meat etc.)	
	<input type="text"/>	<input type="text"/>
	Snack bags, packets and wrappers (crisps, biscuits, cereal bars, chocolate etc.)	
	<input type="text"/>	<input type="text"/>
	Other hard food and drink packaging (coffee pods, plastic corks, polystyrene cups etc.)	
	<input type="text"/>	<input type="text"/>
	Other soft food and drink packaging (rice, bread bags, frozen peas, cling film, cheese etc.)	
	<input type="text"/>	<input type="text"/>


CLEANING & TOILETRIES

	Small bottles (up to 500ml) (hand wash, shampoo, washing up liquid etc.)	
	<input type="text"/>	<input type="text"/>
	Large bottles (over 500ml) (toilet cleaner, bleach, surface cleaner etc.)	
	<input type="text"/>	<input type="text"/>
	Pots, tubs and tubes (moisturiser, suncream, laundry tablets etc.)	
	<input type="text"/>	<input type="text"/>

	Squeezy tubes (toothpaste, make-up, skincare cream etc.)	
	<input type="text"/>	<input type="text"/>
	Other hard cleaning and toiletries packaging (toothbrush packs, razor packs, mascara etc.)	
	<input type="text"/>	<input type="text"/>
	Other soft cleaning and toiletries packaging (toilet roll wrap, dishwasher tabs, wet wipes packs etc.)	
	<input type="text"/>	<input type="text"/>

EVERYTHING ELSE

	Other hard plastic packaging (plastic packaging for toys, tech, stationery, DIY etc.)	
	<input type="text"/>	<input type="text"/>

	Other soft plastic packaging (carrier bags, bubble wrap, clothes packaging etc.)	
	<input type="text"/>	<input type="text"/>

Not sure where to put an item?

Check out our Plastic ID Page: thebigplasticcount.com/help

For more information visit thebigplasticcount.com