

# YOUR HOW-TO GUIDE

**THE BIG  
PLASTIC  
COUNT  
9-15 MARCH**

## DATES FOR THE DIARY:

The Big Plastic Count: **9-15 MARCH 2026**

Submission deadline: **22 MARCH 2026**

Results published: **APRIL 2026**

## HOW TO PREPARE

1. Print out the Count Sheet overleaf 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.com/help](https://thebigplasticcount.com/help).
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 count their plastic before throwing it away.

## HOW TO TAKE PART

1. Between **9-15 MARCH 2026**, count the plastic you use on the Count 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 count it up when you get back home.
3. Submit your results by **22 MARCH 2026** at: [thebigplasticcount.com/submit](https://thebigplasticcount.com/submit).

## HOW TO SUBMIT YOUR RESULTS

Once the week is over, simply submit your results by **22 MARCH 2026** on our website:

[thebigplasticcount.com/submit](https://thebigplasticcount.com/submit)  
or scan the QR code



When counting, you might feel like the plastics crisis is your fault. It's not. Only governments and companies can provide accessible alternatives.

Once you've submitted your count, we'll calculate your household's plastic profile and use the evidence to demand change. Thank you for taking part.

## 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.

If you're still unsure what to count, check out our Plastic ID tool:

[thebigplasticcount.com/help](https://thebigplasticcount.com/help)  
or scan the QR code



**WE'RE NOT JUST COUNTING PLASTIC.  
WE'RE COUNTING ON THE GOVERNMENT TO ACT.**

# THE BIG PLASTIC COUNT 9-15 MARCH

# LET'S COUNT!

EVERYDAY  
PLASTIC







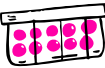

## COUNT SHEET




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

Tick off the days as you count your plastic:




☐ M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S




## FOOD & DRINK

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


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


## CLEANING & TOILETRIES

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

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

## EVERYTHING ELSE

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

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

## SUBMIT YOUR RESULTS

Submit your findings at:  
[thebigplasticcount.com/submit](https://thebigplasticcount.com/submit)  
or scan the QR code to the right.



## NOT SURE WHERE TO PUT AN ITEM?

Check out our Plastic ID tool:  
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