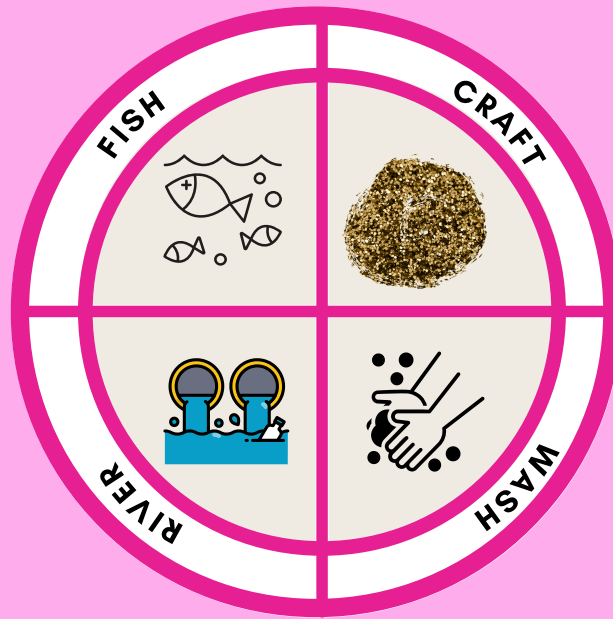


GLITTER CYCLE



Say, 'No' to glitter and products using glitter like birthday and seasonal cards;



If you have used glitter, then wipe it up with a damp tissue or piece of kitchen roll, and throw it in the bin instead of washing it down the drain;



In crafting activities use natural items like flower petals, leaves, sand and lentils;



Bio-degradable glitter does exist, but be wary when buying; terms like 'eco' and 'bio-degradable' are not strictly regulated. Some so-called 'eco' glitter is coated in plastic. Look for this trademarked logo (discoverbioglitter.com/where-can-i-buy-bioglitter/) to verify;



Finding alternatives can be fun, if you have or work with children, involve them in thinking up alternatives. If you are a young person, challenge your grown-up to help you think of alternatives.

