

DCU PLASTIC COUNT












TALLY SHEET

Print this off and stick it somewhere you'll see it, then tally 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

	Total (this number goes into the Google Form)		Total (this number goes into the Google Form)
 Small bottles (up to 500ml) (water, soft drinks, sauces etc.) e.g. <input type="text" value="### "/>	<input type="text"/>	 Black pots, tubs and trays (ready meals, chilled foods, cooked meats etc.)	<input type="text"/>
 Large bottles (over 500ml) (water, squash, cooking oil, milk etc.)	<input type="text"/>	 Pots, tubs and trays (yoghurt, dips, butter, pastries, meat etc.)	<input type="text"/>
 Hard plastic caps and lids (from bottles, cartons, jars etc.)	<input type="text"/>	 Snack bags, packets and wrappers (crisps, biscuits, cereal bars, chocolate etc.)	<input type="text"/>
 Peelable film lids (from soft fruits, fish, falafels, dips etc.)	<input type="text"/>	 Other hard food and drink packaging (coffee pods, plastic corks, polystyrene cups etc.)	<input type="text"/>
 Fruit and veg trays, pots and their hard lids (berries, grapes, stir fry, tomatoes etc.)	<input type="text"/>	 Other soft food and drink packaging (rice, bread bags, frozen peas, cling film, cheese etc.)	<input type="text"/>
 Fruit, veg and salad bags, wrappers and nets (salad, bananas, cucumber, lemons etc.)	<input type="text"/>		

CLEANING & TOILETRIES

 Small bottles (up to 500ml) (hand wash, shampoo, washing up liquid etc.)	<input type="text"/>	 Squeezy tubes (toothpaste, make-up, skincare cream etc.)	<input type="text"/>
 Large bottles (over 500ml) (toilet cleaner, bleach, surface cleaner etc.)	<input type="text"/>	 Other hard cleaning and toiletries packaging (toothbrush packs, razor packs, mascara etc.)	<input type="text"/>
 Pots, tubs and tubes (moisturiser, suncream, laundry tablets etc.)	<input type="text"/>	 Other soft cleaning and toiletries packaging (toilet roll wrap, dishwasher tabs, wet wipes packs etc.)	<input type="text"/>

EVERYTHING ELSE

 Other hard plastic packaging (plastic packaging for toys, tech, stationery, DIY etc.)	<input type="text"/>	 Other soft plastic packaging (pet food pouches, carrier bags, bubble wrap etc.)	<input type="text"/>
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Once you have completed your count, please go to [this link](#), or scan the QR code to input your results.

