



Let's Reduce Single-Use  
The Plastics Guide For Hotels

FREE INTRODUCTION

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# Let's Reduce Single-Use

## **The Plastics Toolkit for Hotels – what to expect...**

Travel Without Plastic have created Let's Reduce Single-Use: The Plastics Toolkit for Hotels to help hotels around the world reduce plastic, protect the environment and even save money.

This FREE taster includes a host of ideas for one of the most significant streams plastic waste found in hotels around the world.

## The problem

The earth wasn't designed to digest plastic. Styrofoam and petroleum-based plastics do not decompose in the same way as organic material. Instead, they break up into a myriad of tiny pieces over time. Plastics generate litter, harm wildlife and are a major contributor to ocean pollution. This isn't just a problem for the one million sea birds and 100,000 marine mammals killed annually from ocean plastics,<sup>1</sup> they are also a problem for us, as plastic particles are eaten by plankton and fish larvae before gradually make their way up the food chain to end up on our plates.

This is a global problem and it needs global solutions. The international hotel industry is a significant contributor to the 300 million tons of plastic produced globally every year (half of which is for single-use). Plastics do have a role to play within hospitality, but there are many instances where single-use plastics are stocked and used out of habit, rather than necessity. Not only do these bad habits generate waste, but the financial costs can really add up too.

## Help and advice from industry experts

This Tool Kit had been put together by industry insiders, who understand the challenges and financial pressure involved in hotel operation. We are pragmatic and recognise that change may need to come in stages. Our approach is designed to ensure that health and safety requirements can still be met and customer expectations around quality are not compromised. Potential solutions and/or alternatives need to be:

- Affordable
- Available
- Good quality
- Health & safety compliant
- User friendly
- Popular with customers

We offer practical but effective solutions suitable for a world with a growing plastic waste problem, with which consumers are increasingly concerned.

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1 <https://www.plantingpeace.org/2015/05/plastic-footprint/>



## Hotels – where is the plastic?

It's everywhere! Hotels can get through a lot of single-use plastic: in bottled water and other drinks, drinks stirrers, straws, toothpicks, plastic cutlery, plastic glasses and cups, polystyrene cups, plastic plates, plastic sealed teabags, individual portion packs of butter, jam and other condiments, sachets of ketchup and mayonnaise, yoghurt pots, the insides of mini cereal boxes - and all this is before guests have even got to their rooms. Once accommodated they are likely to encounter plastic laundry bags and shoe care kits, mini bar items in plastic bottles and packets, toiletries in tiny plastic bottles, plastic drinks glasses (sometimes wrapped in plastic) and even on occasion, plastic banners placed across the bowl notifying them that their toilet has been hygienically cleaned.

### Futureproof your business

Your business may use some, or all of these single-use plastics. It is rare to find a business that uses none of them. But the positive news is that there are many great alternatives, or ways of doing things differently, to reduce single-use plastic while at the same time, saving money.

Throughout the Guide we delve deeper into how hotels and accommodation suppliers can minimise or even eliminate single-use plastic, we look at why composting and biodegradable plastic isn't always the answer and we will share our research on how using communications methods based on 'choice architecture' can encourage your guests to support your objectives.

As consumers are waking up to the scale of the problem, legislators and businesses are responding. During the production of this Tool Kit there have been almost daily announcements of companies, towns, cities and even countries banning or aiming to drastically reduce single-use plastics. You can respond to changing tastes, protect the planet, anticipate future legislation and even save your business money by making the switch away from single-use plastics.

## What to expect

### The Let's Reduce Single-Use: The Plastics Toolkit for Hotels contains:

- A detailed Guide to reducing single-use plastics, by department
- A Self-Assessment Questionnaire for businesses to identify where and how plastic is used
- A cost/consumption spreadsheet to track expenditure on plastic products
- Templates for staff training, customer feedback and customer communications.

If your hotel has a sustainability coordinator or a 'Green team', you may find that the Guide alone is all you need to inspire your teams to make impactful changes. However, if you don't have these resources, or you just don't know where to start, the complete Tool Kit will help you manage your plastics reduction programme effectively and make the biggest impact.

### What will you learn?

We've looked at all of the different areas where single-use plastic is likely to be used within a hotel and broken this down into departments.

We cover the issues associated with the types of plastic being used and suggest a range of alternatives which consider budget, customer demographics, product availability, health & safety, quality and the wider environmental impact. We discuss the pros and cons of some of the alternatives, putting you in the best possible position to decide which changes will be most suitable for your business.

**Let's look at how just ONE example from the complete Guide could help you save plastic and save money**

# Where are plastics used in hotels and how long can they take to break down?

Plastic water bottles  
**Up to 70-450 years**

Single-use plastic glass  
**20-30 years**

Plastic straws and stirrers  
**up to 200 years**

Styrofoam cups and  
takeaway packaging  
**50 years**

Plastic lined paper cones  
**30 years**

Bin liners  
**up to 1000 years**

Cleaning product bottles  
**up to 100 years**

Plastic wrap for glasses  
**up to 1000 years**

Miniature toiletries  
**just under 100 years**

Toilet seat covers  
**up to 1000 years**

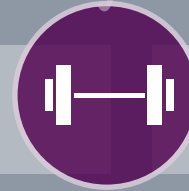
## POOL BAR



## SWIMMING POOL



## GYM



## HOUSEKEEPING



## HOTEL ROOM



## GARDENING

Garden waste bags  
**up to 1000 years**



## SHOP

Plastic bag  
**up to 1000 years**



## RESTAURANT

Plastic jam/butter/honey packets  
**20-30 years**

Plastic lined tea bags  
**20-30 years**



## KITCHEN

Plastic ketchup bottle  
**70-450 years**

Plastic food wrap  
**10-20 years**

## Miniature bathroom amenities

### Zero Cost Option

Many local quality standards require hotels to provide amenities such as shampoo, shower gel and body lotion in order to be compliant, despite the fact that guests usually now bring their own, but these items don't necessarily need to be left in guest bedrooms to achieve the required star rating. With effective communications you can inform your guests of all the toiletries and amenities available to them, whether this is free of charge or at a cost, and then provide them on request - either through housekeeping, or by making them available for collection at reception.

Just this small step alone can generate significant savings. For example, if a guest room uses a (modest) average of six miniature toiletry items per week.

*In a 100-bedroom hotel operating at an average of 75% occupancy over 12 months, the total number of toiletry miniatures used is 23,400. If the cost price of each miniature is €0.22, implementing this change could save up to €5000 per year (recouping the cost of this toolkit in less than a week)!*

By informing guests that shampoo, conditioner and shower gel is available at reception should they need it, a hotel can still meet star rating requirements for provision of the service, still supply these items to guests that would like them and help to cut room turnaround time. Guests act out habit too. If miniatures are there, they will use them – or swipe the lot! If they aren't provided, then as long as soap for handwashing is supplied, guests will almost always use their own toiletries (and have more space in which to store them), with no adverse effect on comfort or satisfaction.

### Low Cost Option

If you prefer to continue to supply a range of toiletries in guest rooms, wall mounted refillable options are available in a wide range of styles. Using refillable containers for toiletries and even handwashing soap enables you to buy in bulk, reducing costs as well as plastic waste. Check with your supplier if the containers can be returned to them to reduce waste to landfill further.

### Investment Option

Why not consider being a little more creative? Shampoo and conditioner bars are available in hundreds of different varieties on craft websites like Etsy where you can support small independent businesses, or via major online distributors, high street stores (such as Lush) or other producers like Funky Soap Shop who can offer a wholesale range. They are currently more expensive than their liquid equivalents so if it is not viable to provide them in guestrooms, perhaps they could be offered for sale at your reception, or in the hotel gift shop or spa?



## Resources

We've researched a wide range of alternative suppliers to help you locate the products that will work for your hotel. Links to some of the more innovative products are included in this section, and you can of course search on large consumer sites like Amazon and E-Bay to find a wider range of alternatives. Keep checking back more plastic alternatives are coming on to the market all the time!

We want to help you find local suppliers wherever possible, and by subscribing to the Travel Without Plastic Resource list, we'll keep you updated with information on new suppliers.

### Toiletry Alternatives

- [Ecco Verde](#)
- [Etsy Shampoo & hair conditioner bars](#)
- [Funky Soap](#)
- [Life Without Plastic](#)
- [Lush](#)
- [No Plastic Shop](#)

## Next Steps

The no cost suggestion for bathroom miniatures alone has the potential to make immediate savings in the amount of unnecessary waste generated and in money spent on toiletries.

But, it will also mean a change for guests, so tell them what you're doing and get them involved. We'll advise on some simple strategies to keep customers engaged. Our tools will help you to communicate what you're doing to engage and motivate guests and staff.

If you're ready to take the next step, visit [www.travelwithoutplastic.com](http://www.travelwithoutplastic.com) to register for your complete Guide or to upgrade to the Full Let's Reduce Single-Use: The Plastics Toolkit For Hotels.





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