

GLASGOW OVER PLASTIC



Glasgow Over Plastic aims to inspire a plastic free revolution through creating engaging educational resources and campaigns in partnership with local individuals, communities, businesses and politicians and making Glasgow a plastic-free city.

Our Vision

A society where plastic waste is eradicated.

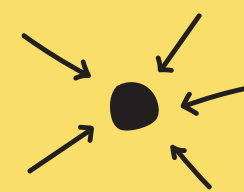
Our Plan

We are a Community Interest Company. This means that we invest 100% of our profits into helping citizens become change leaders through setting up and running local plastic free projects and campaigns.

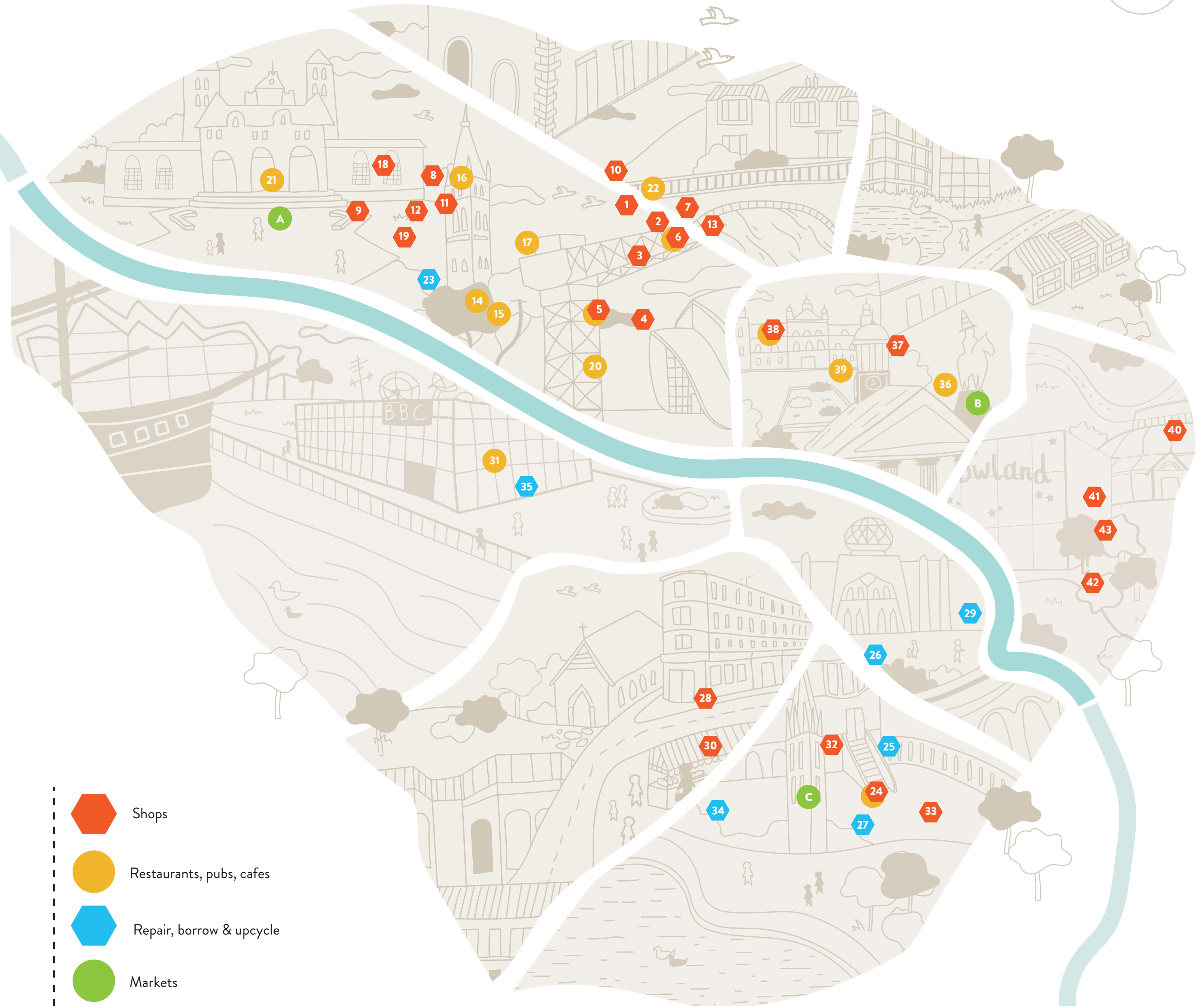
WHY PLASTIC FREE

Because plastic takes a very long time to breakdown (up to 1000 years), all of humanity's plastic waste has built up in our environment. Eight million tonnes of plastic enter our oceans each year, choking and poisoning millions of birds, mammals, fish and all other forms of life.

Asides from the killing our wildlife and leaching harmful chemicals into our bodies, plastic also has many other drawbacks. Plastic worldwide is almost entirely made from oil - a fossil fuel. Through buying plastic we directly increase our demand for more oil - over the past century the insatiable quest for oil has led to horrific wars, environmental destruction and the gross violation of human rights.



FED UP WITH PLASTIC? JOIN OUR MOVEMENT! FIND OUT MORE AT WWW.GLASGOWOVERPLASTIC.ORG



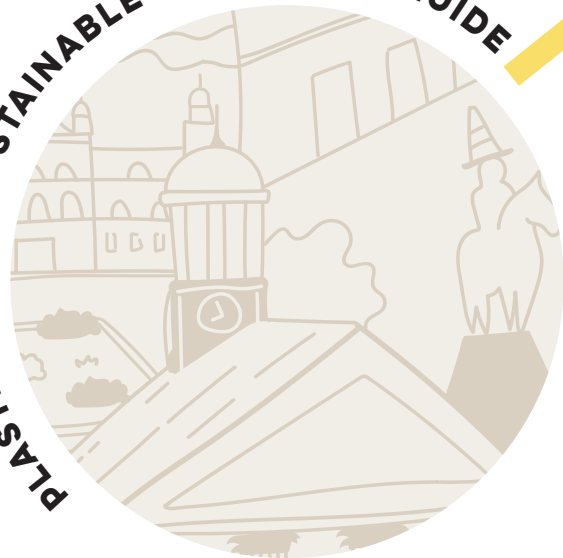
-  Shops
-  Restaurants, pubs, cafes
-  Repair, borrow & upcycle
-  Markets



100% Glasgow. 0% Plastic.

GLASGOW MAP

PLASTIC FREE + SUSTAINABLE LIVING CITY GUIDE



WWW.GLASGOWOVERPLASTIC.ORG

SHOPS

WEST END

- RFF Fruit & Veg Merchant** | 457 Great Western Rd, Glasgow G12 8HH
Groceries | Fruit & Veg
- Solly's African Village** | 381-383 Great Western Rd, Glasgow G4 9HY
African Food | Groceries | Bodycare
- Garden Fresh Exotics** | 28 Park Rd, Glasgow G4 9JG
Groceries | Fruit & Veg
- KRK** | 286 Woodlands Rd, Glasgow G3 6NE
Groceries | Fruit & Veg
- Roots, Fruits & Flowers (Finnieston)** | 1137 Argyle St, G3 8ND
Groceries | Fruit & Veg | Deli | Bodycare | Household Essentials
- Roots, Fruits & Flowers** | 451-457 Great Western Road, G12 8HH
Groceries | Fruit & Veg | Deli & Cafe | Bodycare | Household Essentials
- IJ Mellis Cheesmonger** | 462 Great Western Road, G12 8 EW
Cheese
- Georges Mewes Cheese** | 106 Byres Road, G12 8TB
Cheese
- Wilson's Catch of the Day** | 71 Houldsworth Street, G3 8ED
Fish | Seafood
- KPs Fishmongers & Seafood Specialist** | 517a Great Western Road, G12 8HN
Fish | Seafood
- Fish Plaice** | 186 Byres Road, G12 8SN
Fish | Seafood
- Roggers Butchers** | 180 Byres Road, G12 8SN
Meat & Poultry
- Cottonrake Bakery** | 497 Great Western Rd, G12 8HL
Bread | Sandwiches | Cakes & Sweets
- Grunting Growler** | 51 Old Dumbarton Rd, G3 8RF
Craft Beer | Refillable Growlers
- Tantrum Doughnuts** | 27 Old Dumbarton Rd, G3 8RD
Doughnuts
- Kember & Jones** | 134 Byres Rd, G12 8TD
Cafe | Deli | Bread | Cakes & Sweets
- Eusebi Deli** | 152 Park Rd, Glasgow G4 9HB
Italian Deli
- First Trade Days** | 37 Ruthven Ln, Glasgow G12 9BG
Boutique | Workshops

- Vino Valentino** | 6 Chancellor St, Glasgow G11 5RQ
Wine
- The Hidden Lane Tea Room** | 1103 Argyle St, G3 8ND
Cafe | Take Away
- My Home Bakery** | 59 Hyndland St, Partick, Glasgow G11 5PS
Bread | Take Away | Cakes & Sweets
- The V&V Cafe** | 481 Great Western Rd, G12 8HL
Cafe | Vegan
- Bike for Good Glasgow West** | 65 Haugh Rd, Glasgow G3 8TX
Bike Repair

SOUTH SIDE

- Locavore Shop & Deli** | 349 Victoria Rd, Glasgow G42 7SA
Groceries | Fruit & Veg | Deli | Bodycare | Household Essentials
- Swap Market** | 423 Victoria Road, G42 8RW
Community Centre | Plastic Free Shop | Workshops
- Music Broth** | 7, Victoria Court Workspace, 8 Hollybrook St, Glasgow G42 7HB
- Rags to Riches** | 455 Victoria Rd, G42 8RW
Upcycling Store
- Strawberry Garden** | 11 Forth St, Pollokshields, G41 2SP
Supermarket
- Scrapstore @RePlay** | Unit 1, 135 Moffat Street, G5 0ND
Upcycling Store
- Stalks & Stems** | 1045 Pollokshaws Rd, Shawlands, Glasgow G41 3YF
Florist
- The Good Coffee Cartel** | 12 Cornwall St, Glasgow G41 1AQ
Coffee
- World Foods** | 23 Nithsdale St, Glasgow G41 2PZ
Groceries | Fruit & Veg
- Fresh' n' Fruity** | 5 Cumming Dr, Glasgow G42 9AE
Groceries | Fruit & Veg
- Bike for Good Glasgow South** | 539 Victoria Rd, Glasgow G42 8BH
Bike Repair
- Repair Cafe** | Kinning Park Complex, 43 Cornwall St G41 1BA
Repair & Reuse | Workshops

CITY CENTRE

- Piece** | 100 Miller St, Glasgow G1 1DT
Cafe
- Whittard of Chelsea** | Buchanan Galleries, 220 Buchanan St, G1 2FF
Tea Shop
- Locavore (Project Cafe)** | 134 Renfrew St, Glasgow G3 6ST
Groceries | Fruit & Veg | Deli | Bodycare | Household Essentials
- Tantrum Doughnuts** | 28 Gordon St, Glasgow G1 3PU
Doughnuts

EAST END

- Persia Grocers** | 507 Duke St, Glasgow G31 1DL
Asian Grocery Shop | Fruit & Veg
- Zero Waste Market** | 17 Hillfoot St, Glasgow G31 2LD
Groceries | Fruit & Veg | Bodycare | Household Essentials
- Dear Green Planet @ The Space** | 257 London Rd, Glasgow G40 1PE
Groceries | Fruit & Veg | Bodycare | Household Essentials
- Wild & Kind** | 60 Brook St, Glasgow G40 2AB
Ethical Printing | Garment Printing | Workshops

MARKETS

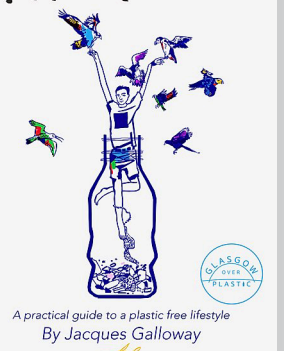
- Farmers Market at Mansfield Park** | West End
Mansfield Park (Partick) every 2nd and 4th Saturday of the month.
- Farmers Market at Queens Park** | Southside
Every 1st and 3rd Saturday of the month.
- Platform at Argyle St Arches** | City Centre
Street food market using plastic-free packaging & cutlery

LIVING PLASTIC FREE

Plastic is everywhere. The cheap, versatile and durable properties of plastic means that it has invaded almost every aspect of our lives from our diet, hygiene, clothing, furniture, sports equipment, packaging and transport. But reducing the amount of plastic we use is possible, and starts from making small changes to our everyday life.



PLASTIC FREE(DOM)



Download our book for more tips to go plastic free. 100% of the proceeds to Glasgow Over Plastic

SHOPPING PLASTIC FREE



1

Remember to bring your own **BAGS**



2

Many shops (including some big supermarkets such as Morrisons) will let you fill your own **REUSABLE CONTAINERS**

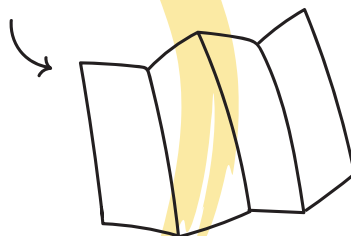


3

Buy in **BULK** if you can, or try to avoid single-portion packaged foods.

4

Use this **MAP!**



You might want to put together your own re-usable shopping kit.

Here's an example of what it could look like:

- An old rucksack to carry everything
- A few cloth bags for dry bulk such as pulses and flour
- A couple of paper bags to fill with fresh produce - you can reuse bread and flour bags for those!
- A couple glass jars or containers. Make sure you get them weighed and write the weight on the jar before you fill it up in the store and take it to the counter.
- Beeswax paper to hold any fresh produce.

You can either buy a lot of one product to achieve economies of scale and reduce the amount of packaging associated with it (for example, buying a 15kg sack of rice rather than 15x1kg of rice), or buy a moderate amount from a vendor that sells produce in bulk format. For example, filling up your own container with jumbo oats that are presented in a large container in the store.

ONLINE SHOPS

Anything But Plastic

Household | Body Care | Lifestyle | Vegan
www.anythingbutplastic.co.uk

Society Zero Glasgow

Pop-up Market | Household | Bodycare | Baby + Child | Lifestyle
www.societyzero.co.uk

No Plastic Shop

Household | Body Care | Lifestyle
www.noplasticsshop.co.uk

Zero Waste Club

Household | Body Care | Lifestyle | Travel | Stationary
www.z-w-c.com

Plastic Freedom

Household | Body Care | Lifestyle | Make Up | Clothing | Food
www.plasticfreedom.co.uk

Good Club

Groceries | Household | Body Care | Lifestyle
www.goodclub.co.uk

