

## Reusable Nappies

### A new baby need not mean increased waste...

Around 8 million disposable nappies are thrown away every year.

- Research estimates that disposable nappies take at least 200 years to decompose which means that every disposable nappy ever used is still sitting in landfill sites.
- The plastic parts of the nappy may sit there indefinitely.
- One of the environmental concerns with landfill is the release of methane, a major green house gas, from the decomposition of biodegradable waste.

### 10 reasons to use Reusable (Real) Nappies

1. Over 330,000 disposable nappies are buried in Essex landfill sites *every day!*
2. No one knows how long it takes for the plastic parts of a disposable nappy to decompose. Estimates of a few hundred years have been suggested, which means the first disposable nappy ever made is still lying around somewhere.
3. They can save you between £500 to £1250 and can be used over several children.
4. Using them reduces the amount of waste sent to landfill - a baby's disposable nappy waste in one year is enough to fill 40 refuse sacks.
5. Just a small change - using one reusable nappy a day - will prevent 365 disposable nappies from going to landfill each year your baby is in nappies.
6. Real nappies are a natural solution without the chemicals and gels used in disposables.
7. Nappy laundering services are available, making reusable nappies even more convenient to use.
8. They are breathable due to the natural materials used to make them.
9. They are available in a range of designs and sizes to suit your baby's needs.
10. They require 3.5 times less energy, 2.5 times less water and 8 times less non-renewable materials to produce than disposable nappies – and avoid disposal to landfill.

In order to maximise the benefits of using reusable nappies, it is recommended that you:

- Always wash full loads,
- Use a low energy rated washing machine wherever possible,
- Wash at a temperature of 60°C
- Allow nappies to dry naturally wherever possible.

#### Useful Contacts:

[Go Real - The Real Nappy Information Service](#)  
[Change a Nappy](#)  
[The Nappyline](#)  
[Bambino Mio](#)  
[The Clean Green Nappy Machine](#)  
[Kitty Kins](#)  
[Fill Your Pants](#)  
[Tots Bots](#)  
[Bum Deal Nappies](#)  
[Twinkle Twinkle](#)