

We have quoted a lot of different research in episode one of Which? investigates so if you want to do any more reading here are the links to all the articles we came across while doing our investigation.

Greenpeace report revealing that the UK is still dumping plastic waste abroad.

<https://www.greenpeace.org.uk/wp-content/uploads/2021/05/Trashed-Greenpeace-plastics-report-final.pdf>

Greenpeace & the Environmental Investigations Agency report that looks at the plastic usage of the UK's ten biggest supermarkets.

<https://eia-international.org/wp-content/uploads/Checking-Out-on-Plastics-III-FINAL.pdf>

World Wildlife Foundation says some plastics, like a simple water bottle, could take 450 years to decompose.

<https://www.wwf.org.au/news/blogs/the-lifecycle-of-plastics#gs.1jz1u7>

The WWF say as much as half a million tonnes of plastic waste ends up in the Mediterranean Sea every year.

https://www.wwfmmi.org/what_we_do/plastic/

Which? finds that almost a half of supermarket packaging isn't easily recyclable.

<https://www.which.co.uk/news/2019/06/almost-half-of-supermarket-packaging-isnt-easily-recyclable-which-finds/>

Which? reveals the big brand names with the least recyclable packaging.

<https://www.which.co.uk/news/2020/09/not-yet-recycled-the-grocery-brands-with-a-packaging-problem/>

Studies find that non-plastic particles can travel up the food chain and build up in us.

<https://phys.org/news/2020-08-micro-nanoplastics-human-tissues.html>

<https://www.sciencedirect.com/science/article/pii/S0160412020322297>

A report by Zero Waste Europe and Friends of the Earth that said: "packaging practices may be driven by brand and sales objectives rather than waste reduction."

https://www.foeeurope.org/sites/default/files/materials_and_waste/2018/unwrapped_-_throwaway_plastic_failing_to_solve_europes_food_waste_problem.pdf

Plastic is an easy material to add colour and design to.

<https://www.ptonline.com/articles/understanding-the-science-of-color>

A 2008 report from the Advisory Committee on Packaging said "the use of just 1.5g of plastic film for wrapping a cucumber can extend its shelf life from three days to 14 days and selling grapes in plastic bags or trays has reduced in-store wastage of grapes by 20%."

<http://www.thefactsabout.co.uk/files/98201010542packaginginperspective.pdf>

88m tonnes of food being wasted every year in the EU – around 173kg per person.

https://ec.europa.eu/food/sites/food/files/safety/docs/fw_lib_fw_expo2015_fusions_data-set_151015.pdf

3.3 billion metric tons of greenhouse gas emissions from food waste.

<https://refed.com/>

Helén Williams, Karlstads University, food waste and plastic research

<https://www.researchgate.net/profile/Helen-Williams>

Plastic is just another form of fossil fuel and according to Friends of the Earth “Plastic production is already responsible for 5% of greenhouse gas emissions”.

<https://friendsoftheearth.uk/plastics/how-is-plastic-made>

The way a lot of councils compost their compostables simply won’t work on many of these new bioplastics.

Food waste recycling – Warwickshire County Council

Recycle for Greater Manchester

Food waste recycling and collections - Devon

Friends of the Earth told us their investigation found that most London councils simply advise you to throw hard bioplastics like compostable coffee cups in the bin!

<https://www.theguardian.com/environment/2019/jul/02/use-compostable-plastic-and-the-16-other-essential-rules-of-effective-recycling>

Although only half of supermarket own-brand packaging could be easily recycled, our recycling system is overwhelmed by plastic waste.

<https://www.greenpeace.org.uk/wp-content/uploads/2021/05/EMBARGOED-GPUK-Trashed-report.pdf>