

What plastic items did you refuse this week?	Yogurt tubs, plastic sandwich bags, bottled water, blueberries, take-away coffee cups, fruit trays, plastic bags in the supermarket, plastic forks, cling film on lunches, straws.
Was the week difficult?	Majority of respondents said "Yes!" Reasons given included; "Difficult to find yogurt in non-plastic containers and we missed yogurts for lunch!" "Plastic is everywhere!" "We don't like out tap water and we couldn't find large bottles of water which were not plastic."
What items are essential and seem to have no plastic-free alternative?	Cracker packs, fruit in tubs, fruit which isn't sold loose (e.g. blueberries), family packs and single units, meat and poultry wrapping, large 5litre water containers, soft fruit packaging, toilet paper packaging, some veg packaging, shampoo bottles, bin liners.
Did you find things unnecessarily wrapped in plastic?	2-for-1 offers banded together with plastic, copies in plastic backs, fruit, veg, tissue boxes, pencils, donuts, a new reusable drinks bottle, smack packs of biscuits/crackers, new school digital camera, individually wrapped sweets inside a plastic bag, loaf of bread, toys.
How did other people react to your doing this challenge?	Thought it was a good idea and decided to give it a try themselves; thought it was ridiculous; thought it sounded tricky/difficult; said 'well done!' or 'cool'; They were thrilled!; surprised and impressed.
What can we do better in Galway? Or nationally?	Less plastic wrappings on items in shops (especially items that don't need to be wrapped); availability of paper bags in supermarkets for loose veg and bread; run a national 'Plastic Free Week' campaign; lobby food producers; encourage people/producers to use cardboard; take away, don't add to plastic use e.g. take plastic covers off book lists; provide recyclable alternatives e.g. coffee cups; further encouragements to 'bring your own coffee mug' campaign; recycle soft plastics again; more 'Plastic Free' weeks; dispose of plastic more responsibly (don't litter); ban unnecessary packaging; more litter bins, emptied regularly; reuse more; more recycling bins.
What one item are you willing to give up or replace?	Sandwich/lunch bags, take away coffee cups, straws, disposable plastic water bottles, plastic milk containers, packaged fruit/veg, small yogurt pots (and use large instead), single use plastic bottles, plastic shopping bags (and replace with fabric bags), plastic spoons.