



## PAPER-BASED FOOD PACKAGING - ECO ALTERNATIVE?

Our planet is polluted with discarded plastic that harms human, animal and plant's health, and puts a heavy burden on the environment.



In contrast, **PAPER** is often seen as a far more environmentally-friendly alternative to plastic.

**Paper-based packaging** is growing in popularity as consumers demand more sustainable packaging solutions!



But this **isn't as straightforward** as we think.

Paper packaging has many advantages. **BUT! It still has a big impact on our planet.**

### PRODUCTION

It is made of renewable resources

*but remember*



Its production still costs resources and contributes with CO<sub>2</sub>-eq emissions.

### DISPOSAL

Paper packaging without plastic coating does not release micro-plastics into the environment.

*but remember*



Most paper packaging used for "take away" food contains a layer of plastic to prevent spills.

Separating this during recycling is hard and it can still release microplastic.

### CIRCULARITY

Can be recycled, and the fibres can be used again up to 8 times

*but remember*



If we dispose paper packaging contaminated with food or grease, it makes recycling very difficult.

**See? There are no obvious heroes when it comes to food packaging.**



The solution to prevent waste is not only replacing single-use plastic with paper, but **FOLLOWING THESE TOP TIPS:**

### REDUCE



**Avoid single-use packaging**

### REUSE



**Try reusable food packaging**

### RECYCLE



**Choose packaging that can be recycled**



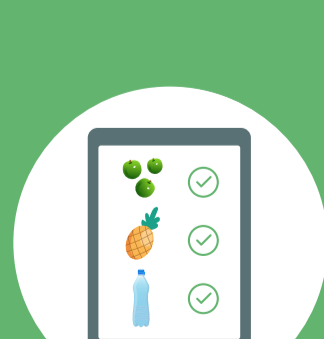
**Choose foods with little or no packaging**



**Always carry a reusable bag with you**



**Sort food packaging properly to support recycling**



**Buy only as much as you really need**



**Keep using your containers**



**Try to choose uncoated packaging**