

Have YOU THOUGHT ABOUT USING REAL NAPPIES?

Save money and the environment.
It's easier than you think – try them
for free with a £54.15 nappy subsidy!



@WiseUpToWaste



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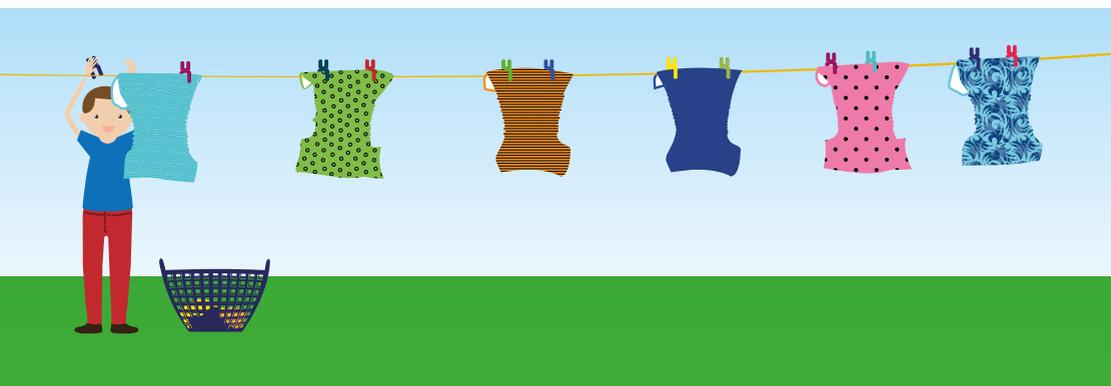
wiseuptowaste.org.uk

nlwa
north london waste authority

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By the time a baby is potty-trained, they will have used between 4,000 to 6,000 disposable nappies, that's a big cost to parents and to the environment! Disposable nappies also make up 4% of household waste which is sent to landfill.



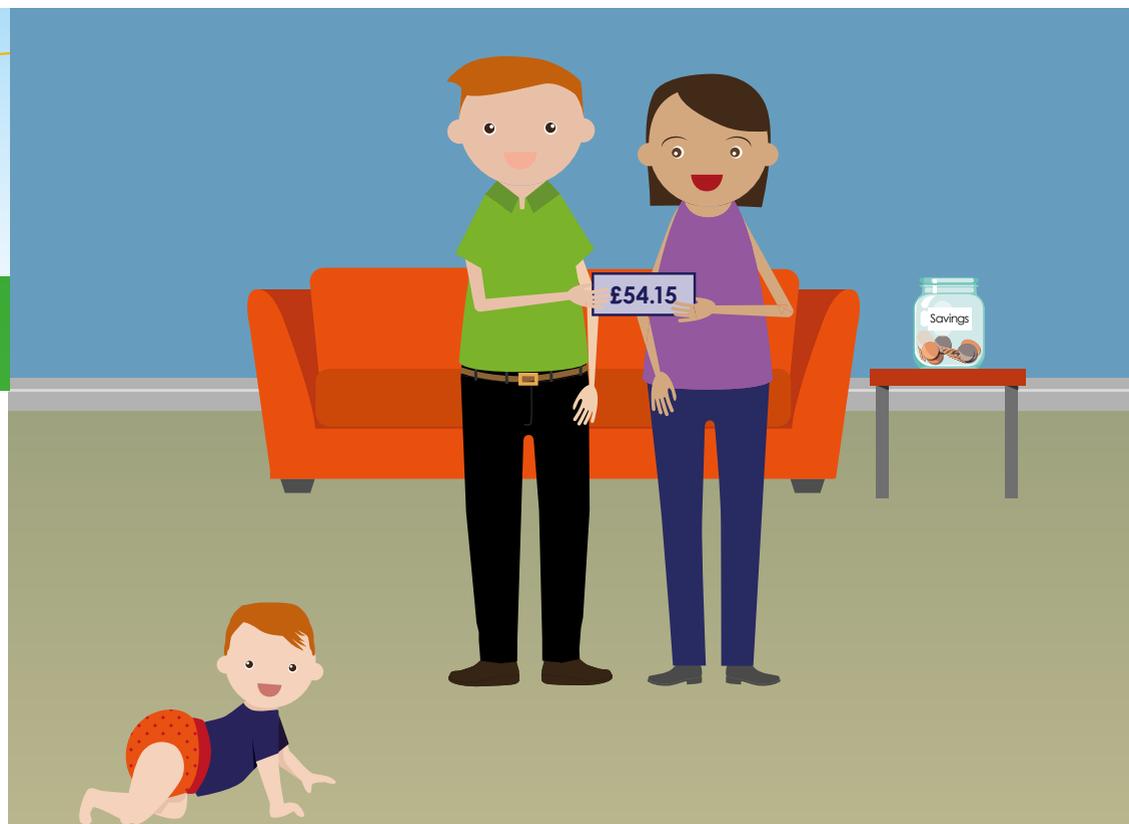
What are real nappies?

Real (reusable) nappies are fabric nappies which can be washed and used time and time again. Before the 1980s, they were the only option, but the design of them has come on a great deal since then. They come in varying sizes and can be:

1. all-in-one with removable inner sections
2. more traditional style breathable cotton nappies; no pins needed if you use a little plastic gripper (nappy nipper) or fitted wraps.

Why use real nappies?

- **Save money:** Reusable nappies are cheaper and avoid the cost of purchasing disposable ones.
- **Easy to use:** Real nappies are as effective as disposable nappies, although they may need to be changed more regularly.
- **Potty-training:** Real nappy users find that children are able to adjust to using a potty more easily. Disposable nappies dry quickly, meaning children often continue to wear a soiled nappy, and so, are less aware of their own toileting habits.
- **Kinder to the environment:** A lot of energy and resources are required to produce disposable nappies, In addition, the greenhouse gas methane is released if they end up in landfill.



The north London real nappy scheme

A free subsidy of £54.15 (the average cost of disposing of one child's nappies) is available to parents or parents-to-be living in the north London boroughs of Barnet, Camden, Enfield, Hackney, Haringey, Islington and Waltham Forest. There are north London Cloth Nappy Libraries that run demo events, answer parents' questions and are a great way to find out more about real nappies.

How to get your real nappy subsidy

If you live in the London boroughs of **Camden, Hackney, Haringey, Islington** or **Waltham Forest**, you can apply online at realnappiesforlondon.org.uk/apply to claim your £54.15 voucher, which you can spend on whichever real nappies you prefer.

The London boroughs of **Barnet** and **Enfield** operate a cash-back scheme where parents buy real nappies and then receive a refund to the value of £54.15. If you live in Barnet, visit barnet.gov.uk/real-nappies or if you live in Enfield, visit new.enfield.gov.uk/rubbish-and-recycling.

If you are interested in second-hand, pre-loved nappies to buy, visit realnappiesforlondon.org.uk/where-to-buy/second-hand-exchange/

For more information about the NLWA's real nappy scheme, or other ways to waste less and save more, visit wiseuptowaste.org.uk.



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