



Eliminating Single Use Cups

Globally, an estimated 500 billion single-use cups are disposed of in landfills or incinerators annually. That's one million cups per minute, every hour, every day, throughout the year. Due to the plastic-paper combination in their design, these cups are nearly impossible to recycle. In Ireland alone, we discard over 22,000 of these non-recyclable cups per hour.

When aiming to reduce or eliminate single-use cups in your club, you can consider a 'phased introduction' or a 'complete ban', whichever you think fits your club best.



Phased Introduction

A phased introduction will allow for the elimination of single-use cups over a specific time frame, during which you can outline how the introduction of crockery and the acceptance of reusable cups will be implemented, and the date from which disposable cups will be eliminated.



Complete Ban

If you are banning single-use cups completely, you need to ensure that this message is communicated to your entire club, outlining the date from which single-use cups are no longer accepted and also outlining what alternative options are available.



Commitment and Communication

Whether you are opting for a 'phased introduction' or a 'complete ban', it is important that volunteers or on-site café managers are on board and committed to making the change. Communicating the changes to all club members is important.

When communicating this message, you should also outline the rationale behind eliminating single-use cups, in addition to how you intend to approach the change. Keep spreading your message as education and awareness is the key to success.



Keep things in check!

As your club is making changes to improve overall environmental performance, it's important to note that different actions and activities will work better in varying settings. The next page contains a checklist which will help you identify some of the areas you need to consider as you undertake this challenge.

Using a
reusable cup will
prevent waste
and have a
positive impact on
our environment.



Some waste service providers may provide a specific collection service for segregated compostable beverage cups. Check with your provider. This option is preferred to the use of disposable cups, however the use of a reusable cup is the best option and should always be promoted.



Make a start with our Single-Use Cups Elimination Checklist on the next page...

Single-use cups are a common waste item in sports club waste and can be eliminated by some simple planning and management decisions. The following checklist will help you address the elimination of single use cups – whether on a phased basis or by undertaking a complete ban.

| CHECKLIST | DETAILS |
|--|---------|
| Who is leading this initiative? | |
| Are you considering a phased introduction or complete ban? | |
| How many members use their own reusable cup (estimate % or figure?) | |
| Is there a dedicated volunteer to monitor progress? | |
| Who is communicating message? | |
| Have members, parents, guardians, team trainers, coaches etc. been briefed? | |
| Have you set date for introduction? | |
| Have alternatives been promoted? | |
| Are you considering using delph or reusable cups? | |
| If you are considering compostable cups, ensure that they meet the EN 13424 standard and that all cups can be disposed within your facility and collected for composting by your waste contractor. | |
| Have you identified green leaders to inspire others? | |
| Have you considered a visual to share current situation with wider club? | |

Further information on good practice is available from mywaste.ie