



**Need more information...  
.....on reusable nappies?....  
...then contact**

**The Women's Environmental Network:**  
for information on all aspects of reusable nappies  
**By Post:** WEN, PO Box 30626, London, E1 1TZ  
**By telephone:** 020 7481 9004  
[www.wen.org.uk](http://www.wen.org.uk)

**National Association of Nappy Services (NANS):**  
for information and help finding your nearest  
laundry service  
**By telephone:** 0121 693 4949  
[www.changeanappy.co.uk](http://www.changeanappy.co.uk)

**The Real Nappy Association:**  
for information on all aspects of reusable nappies:  
**By post:** PO Box 3704, London, SE26 4RX  
**By telephone:** 020 8299 4519  
[www.realnappy.com](http://www.realnappy.com)

**The Extra Large Nappy Company:**  
for adult and child incontinence wear:  
**By telephone:** 01386 700293

This leaflet is issued by  
Essex County Council's Recycling Team,  
Waste Management Branch.

You can contact us in the following ways:

**By telephone:**  
Reusable Nappy Campaign 01245 437 318

**By post:**  
Waste and Recycling Branch, County Hall,  
Chelmsford, CM1 1QH

**By email:**  
[wastemanagement@essexcc.gov.uk](mailto:wastemanagement@essexcc.gov.uk)

**web address:**  
[www.essexcc.gov.uk/wastemanagement](http://www.essexcc.gov.uk/wastemanagement)

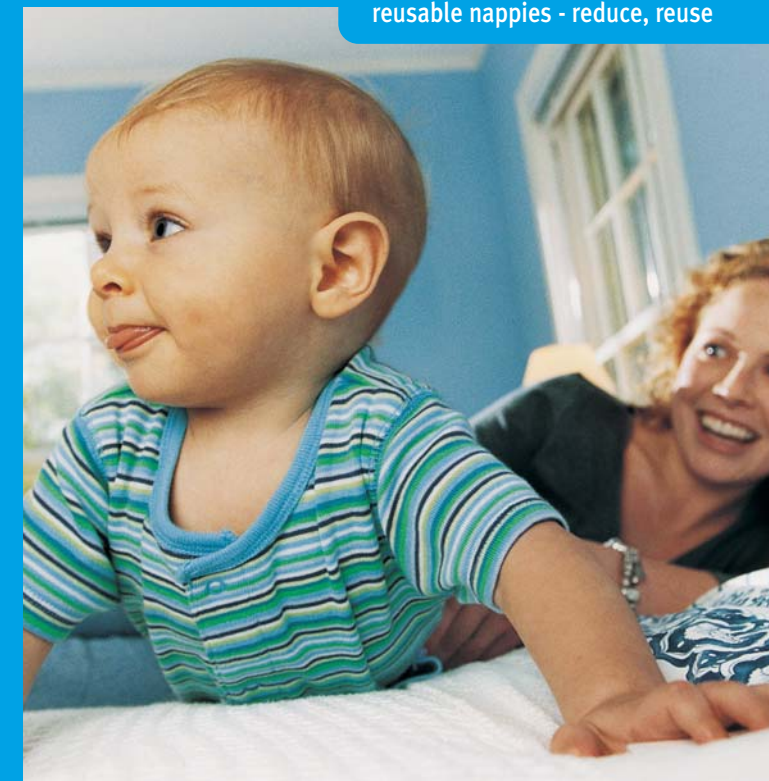
The information contained in this leaflet is  
available in alternative formats.  
Please telephone 01245 437318.

Published March 2003



Printed on recycled paper

reusable nappies - reduce, reuse



ever wondered how many disposable  
nappies are buried in Essex landfill sites  
every day? **340,000**

so use  
**reusable nappies**  
that don't cost us the earth!



Essex County Council

# reusable nappies

that don't cost us the earth!

## Introducing Reusable Nappies

You have seen the many brands of disposable nappies available, but have you ever thought about using reusable nappies on your child?

**Reusable nappies** are made from **soft breathable cotton** and are used with a **liner** and a **waterproof wrap**, which work together to provide **maximum comfort** and **reliability**.



## did you know?



### here are the facts!

**Reusable nappies** are **soft, reliable** and less damaging to the **environment**.

Your child will use an average of **5,000** disposable nappies until potty trained.

Over a **third of a million** disposable nappies are **buried in Essex** landfill sites **every day**.

You could **save hundreds** of pounds by **using reusable nappies** instead of disposables, with further savings being made if used on subsequent children.

## advantages. . .

**to your child** • What could be more natural than soft cotton next to your child's skin?

- Reusable nappies provide good padding at the base of the spine to cushion the falls while learning to walk.

**to you** • Save hundreds of pounds by using reusables. So, why throw your hard earned money in a landfill site?

- Simple to use with excellent reliability to suit every lifestyle.

**to the environment** • All nappies have some environmental impact, but you can reduce nappy waste using reusables.

- Protect your environment for your child's future.



## machine wash or laundry: you choose

You have the option to machine wash your nappies at home or let someone else wash them through a laundry service.

### washing at home

- The cheapest option, even taking into account washing powder, energy and wear and tear on the washing machine.
- A wide choice of nappy styles.
- A flexible washing routine that suits you.
- Easy to wash at 60 °C, with the option to line dry or tumble dry.

### laundry service

- Sterilised prefold nappies with waterproof wraps are supplied weekly.
- Place soiled nappies in the deodorising bin provided, which is collected when your clean nappies are delivered.
- Convenient and simple to use especially for working parents.
- Can cost as little as £8 per week, which is comparable to the overall cost of using disposables.