

MY FIRST BLOG AND “THE TISSUE ISSUE”

Saving the environment and reducing plastic pollution has always been a passion of mine. A big part of this must be the fact that I am a big animal lover and seeing photos of those poor animals being tortured due to our carelessness broke my heart.

Therefore, my initiatives for saving the environment started in elementary school already – I would always bug my friends and family about not recycling, throwing pieces of gum in the nature etc. and the fact that people thought that one person cannot make a change would always sadden me. In high school I used to write articles and papers about pollution and climate change and of course my bugging of friends and family continued even though they eventually got tired of it and started recycling 😊. Later onto my college years, when I moved to the capital of Slovenia – Ljubljana, the initiatives, especially amongst the youth, became bigger and bigger and I can say I am happy to see recycling and non-polluting has become part of our daily lives.

And here I am now, part of the Development Agency of Savinja-šalek region and part of the PLASTIX team 😊. Since joining the project, I must say I have become even more observant regarding plastic pollution and use of single-use plastic. And just the other day as I was shopping for tissues, I noticed one of Slovenia’s biggest manufacturers of tissues now uses boxes with 0 % plastic. That got me thinking how many tissues do we use per year? How much plastic packaging is that? Do tissues nowadays still contain plastic? And just like that a simple product that we use daily became a big issue.



So, I began my research – what kind of tissues am I actually buying? Am I supporting single-use plastic by buying certain types of tissues? I was happy to find out that Paloma tissues are made 100 % of pure cellulose fibers and that they offer packaging in boxes made 100 % of paper and therefore with 0 % plastic 😊.

As I continued my research, I was glad to discover most producers in the industry use pure cellulose for tissue manufacturing and many of those already use non-virgin plastic or paper for packaging. However, LDPE plastic is still widely used due to its practical benefits like cost-effectiveness and the ability to be moisture resistant.

I went a step further and tried to find an alternative to basic tissues to avoid plastic waste. I was quite disappointed to discover that not even handkerchiefs are what they used to be – traditional handkerchiefs were made from natural fibers such as cotton, linen or silk. But nowadays blended fabrics that include synthetic fibers like



polyester are often added and therefore they are not completely plastic free. In a way handkerchiefs are still more environmentally friendly, assuming they are made from natural fibers and are washed properly.



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To conclude, I am glad to see some improvements regarding single use plastic in the tissue industry, although there is still quite a long way to go. Despite the challenges I still believe each and every individual themselves can make a change for the better – I know next time I am buying tissues I will check twice to buy those that contain 0 % plastic along with the packaging. Also, I got a new thing to bug my friends and family about 😊.

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