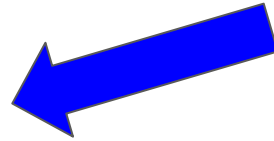
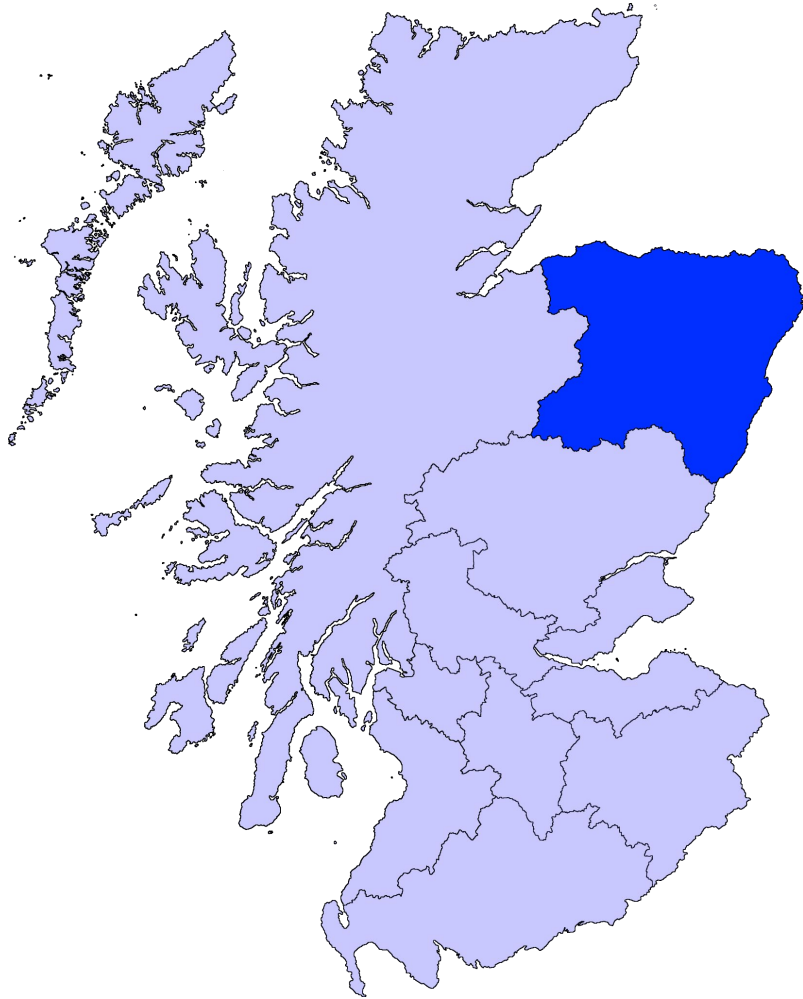


# **RECYCLE PLASTIC, IT'S FANTASTIC!**

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Rosa Holt Specialist Dietitian, Critical Care

NHS Grampian



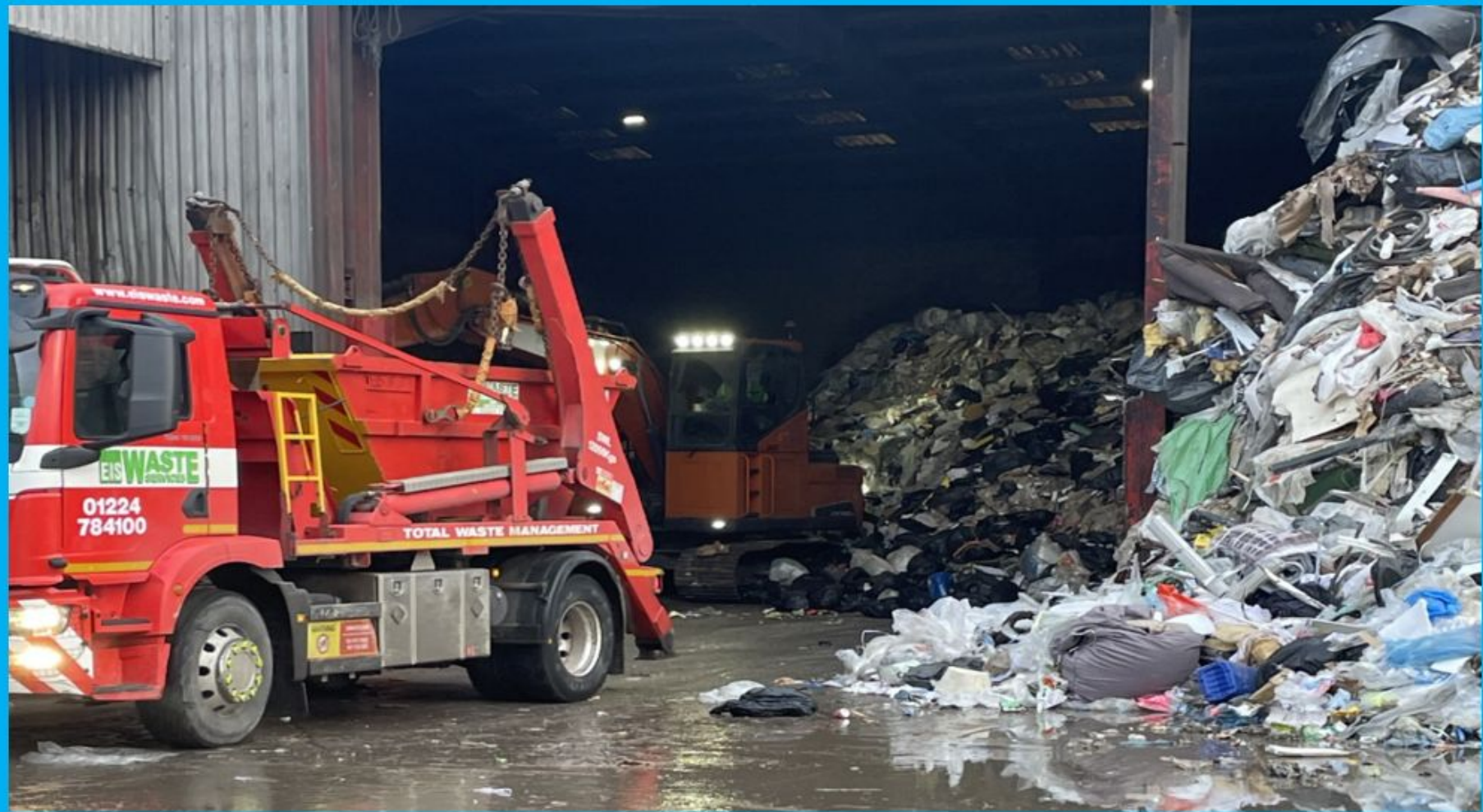
NHS  
Grampian

# In NHS Grampian



- 50,500 bottles ONS per year across 4 sites
- 117 bottles enteral feeding bottles in 1 week in CCU
- ~ 350 home feeding patients





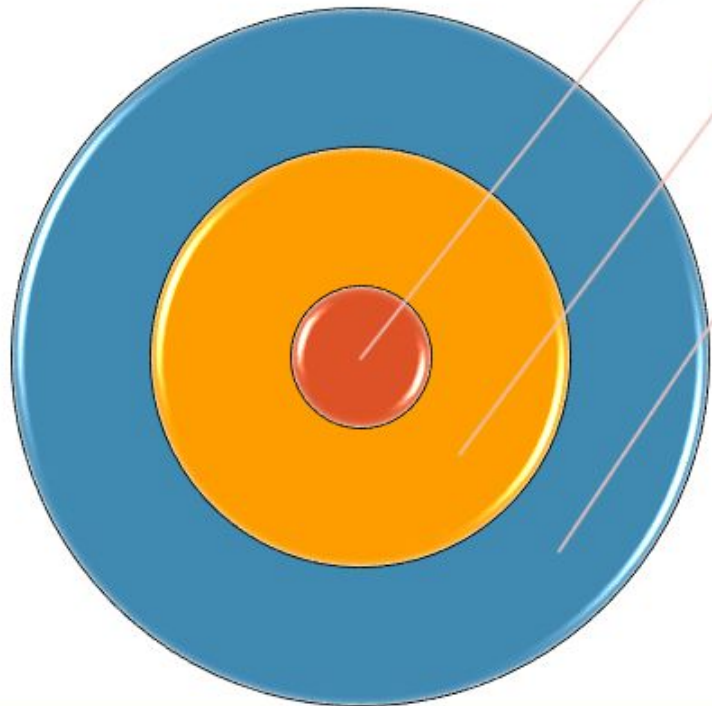
# 'The climate and ecological emergency is a health emergency'

- NHS Scotland Climate Emergency and Sustainability Strategy 2022-2026 - Scottish Government Plan for NHS Scotland being a net zero healthcare service by 2040
- NHS Grampian Plan for the Future 2022 – 2028 – Legislative requirement to deliver net zero carbon service, recycling can be a simple and effective way to achieve this.





## Our Survey Said...



6% = Bottles currently being recycled

77% = Number of staff who want to know more about recycling

80% = Our target for recycling rates



£150/tonne



£519/tonne



£806/tonne



£40/tonne

If disposed of  
correctly, we could  
save around  
£12,000 per month



## Our next survey said...

89%

Found the video very informative and informative

>80%

Bottles now being recycled in CCU

68%

Environment main priority

44%

Prefer ward based information

# Recycle Plastic, It's Fantastic!

## Why does it matter?

- Protecting our Environment
- Supporting our Patients
- Saving our Money



# How did we do this?



Public Health  
Scotland

BDA  
The Association  
of UK Dietitians  
Sustainable Diets  
Specialist Group

stv News

BBC  
NEWS

tv  
that's

NHS GRAMPIAN

TURAS | Learn



## NHS Grampian to Benefit from Dietitian's Push on Recycling Plastics

**Submitted by:** [Tess White](#), North East Scotland, Scottish Conservative and Unionist Party.

**Date lodged:** Tuesday, 27 February 2024

**Motion reference:** S6M-12292

That the Parliament recognises NHS Grampian dietitian and farming advisor, Rosa Holt, and her colleagues, in their aim to encourage colleagues across NHS Grampian, particularly everyone working in wards, care homes and community hospitals, to recycle more; understands that NHS Grampian uses huge quantities of recyclable food grade plastics every day, which end up as clinical waste; notes that NHS Grampian has set up sustainability champions supporting the organisation's Climate Emergency and Sustainability Strategy; understands that the NHS board has the second highest overall recycling rate in Scotland; further understands that NHS Grampian currently spends around £125,000 every month disposing of clinical waste, and that recycling these materials instead could save it around £12,000 per month in disposal costs, and wishes Rosa Holt and colleagues across NHS Grampian every success with their "Recycle Plastic, It's Fantastic" project.

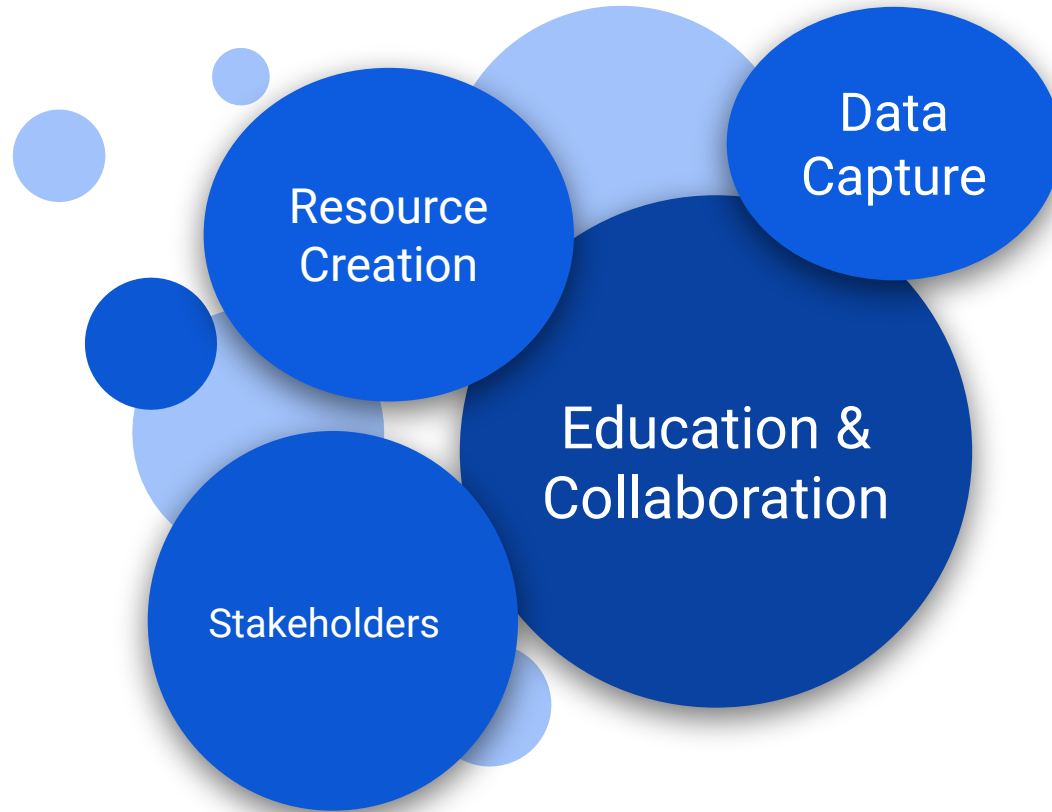
**Supported by:** Karen Adam, Jeremy Balfour, Miles Briggs, Ariane Burgess, Alexander Burnett, Jackson Carlaw, Maggie Chapman, Sharon Dowey, Russell Findlay, Meghan Gallacher, Maurice Golden, Pam Gosal, Jamie Greene, Dr. Sandesh Gulhane (**Registered interest**), Craig Hoy, Liam Kerr, Bill Kidd, Monica Lennon, Douglas Lumsden, Roz McCall, Stuart McMillan, Edward Mountain, Douglas Ross, Alexander Stewart, Paul Sweeney, Sue Webber, Annie Wells, Elena Whitham, Brian Whittle



# Developing a culture of recycling enteral and oral nutritional supplements



# Next Steps



## Patient Feedback

"I was on 3x Ensure daily for several years and I was horrified by the amount of plastic I was generating.

"I always worried they may not be suitable for recycling"

"For many patients (myself included), I can honestly say I was less inclined to take my prescription because of the environmental impact of the bottles potentially not being recyclable"

"I was horrified seeing the pile of plastic compounding on a daily basis"



**Get Involved!**

[rosa.holt@nhs.scot](mailto:rosa.holt@nhs.scot)