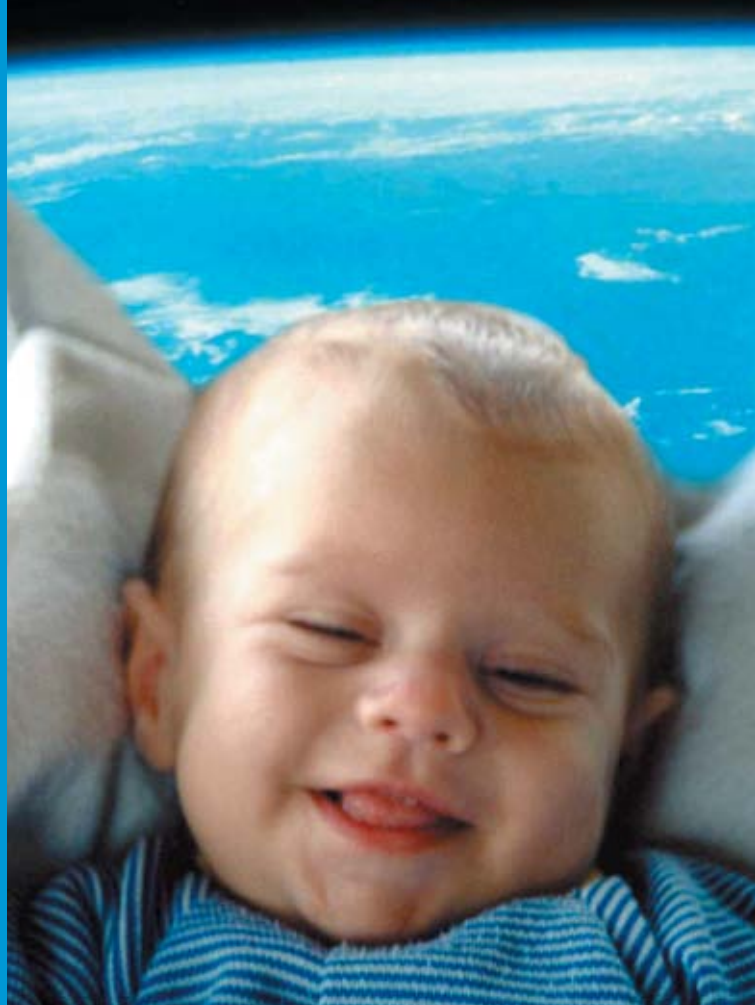


# nappies

shouldn't cost the earth



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why nappies  
shouldn't cost the  
earth!!!



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mayo county council



# Nappies ...

## why nappies shouldn't cost the earth!!!

The average child uses up to 5,000 nappies on his or her way to being potty trained. For this, 4½ trees are destroyed. An estimated 600,000 nappies are used every day in Ireland. These end up in your local landfill where they can take up to 500 years to decompose. For a family with one baby half of a typical waste bin will consist of nappies. Disposable nappies contain paper pulp, plastics, absorbent gel granules, and chemical additives, which have a negative impact on the environment.

## so what are the alternatives?

A wide variety of reusable nappies, as well as more environmentally friendly disposable nappies are now available in Ireland. Reusable nappies are kinder to the environment. Also because cotton is breathable heat is allowed to escape, keeping baby cool and comfortable. Are you put off because of negative attitudes towards reusable nappies? Lets look at some of the facts.

### myth:

You will need to spend your time washing, scrubbing and soaking soiled nappies.

### fact:

Modern reusable nappies can be shaped, fitted and fastened easily with velcro, poppers or ties. They can be used with waterproof pants that keep the nappy in place. Nappies can be purchased with flushable liners that catch the poop! Nappies are machine washable.

### myth:

Washing nappies uses more energy and water, therefore making disposable a more environmentally friendly option.

### fact:

From manufacture to use, disposable nappies use 3.5 times as much energy, 8 times as much non-renewable raw materials and 90 times as much renewable material as reusable nappies. They produce 2.3 times as much wastewater and 60 times as much solid waste.

# what type

## of re-useable nappy should I buy?

Reusable nappies cost a lot less than disposable nappies. From birth to potty training reusable nappies cost you approximately €800 less than disposables and they can be used again for the next baby. Therefore it is well worth investing in a good quality absorbent nappy.

By using reusable nappies even some of the time you are helping the environment

# where

## can I buy re-useable nappies?

A number of companies now sell cloth nappies and also more environmentally friendly disposables - please see listing under the Environmental Services Section of [www.mayococo.ie](http://www.mayococo.ie)

### Further Information:

If you require any further information on the use of alternatives to regular disposable nappies please do not hesitate to contact me.

Sharon Cameron,  
Environmental Awareness Officer,  
Mayo County Council,  
Aras an Chontae,  
Castlebar.

Telephone: 094 902 4444,  
e-mail: [scameron@mayococo.ie](mailto:scameron@mayococo.ie)  
web site: [www.mayococo.ie](http://www.mayococo.ie)

Tá an t-eolas sa bhileog seo le fáil i nGaeilge ar [www.mayococo.ie](http://www.mayococo.ie)