



Real Nappies Real Choice

**Real nappies = MUCH less waste**



Disposables make up over 4% of household waste

16 million nappies per year are thrown away in Highland

9 million per day in the UK

One baby creates around 1 tonne of nappy waste

200-500 years to break down in landfill

Heavy use of resources

# Cost savings



Using real nappies can save £600  
- £1000 per baby for families

Cost to Local Authority - 3000T  
nappy waste at £60/T disposal  
cost = approx. £180,000 per year  
(excluding transport)

# We can help!

18 volunteers across Highland

Talks and demonstrations

Trial kits to borrow

Health service links

Incentive nappy packs





## Real Nappies, one way to cut waste in the Cairngorms National Park

**Badenoch and Strathspey - HRNP**

0845 201 2609 [www.hrnp.org.uk](http://www.hrnp.org.uk)

**Moray and Aberdeenshire - Grampian Real Nappy Project**

01224 774177 [nappynorth@abzforward.plus.com](mailto:nappynorth@abzforward.plus.com)

**Angus - Nappy Times**

01241 855312 [www.nappytimes.co.uk](http://www.nappytimes.co.uk)