



*The Guide to Honest Alternatives* has been developed as a resource to support the Plastic Free Balearics certification, which is promoted by the foundations Save The Med and IbizaPreservation, as well as the Plastic Free Ibiza and Formentera movement. It was produced thanks to co-funding from the Consell Insular de Mallorca and Beyond Plastic Med (BeMed), a Monaco-based association whose mission is to develop and support a network of stakeholders in the Mediterranean committed to curbing plastic pollution through innovative and sustainable solutions<sup>1</sup>. More at [beyondplasticmed.org](https://beyondplasticmed.org).



 Direcció Insular de Promoció Econòmica i Producte de Mallorca  
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<sup>1</sup> The contents of this guide are the sole responsibility of IbizaPreservation and Save the Med, the driving forces behind Plastic Free Balearics.

# Local action for global change!

Actions to reduce plastic pollution in the Balearics have repercussions throughout the Mediterranean Basin and positive consequences on a global scale. This guide is designed to facilitate compliance with the [Balearic Law 8/2019 on Waste and Contaminated Soils](#), [European Directive 2019/904 on the reduction of the impact of certain plastic products on the environment](#), [Decree-Law 3/2022 on urgent measures for sustainability and circular tourism in the Balearic Islands](#), the ocean protection strategy as outlined in the [Barcelona Convention](#), and the following [Sustainable Development Goals of the United Nations Agenda 2030](#):

**3** GOOD HEALTH  
AND WELL-BEING



**6** CLEAN WATER  
AND SANITATION



**11** SUSTAINABLE CITIES  
AND COMMUNITIES



**12** RESPONSIBLE  
CONSUMPTION  
AND PRODUCTION



**13** CLIMATE  
ACTION



**14** LIFE  
BELOW WATER



**17** PARTNERSHIPS  
FOR THE GOALS



**SUSTAINABLE  
DEVELOPMENT GOALS**

“The Mediterranean Sea is one of the most polluted seas worldwide, especially with regard to plastics.

The presence of this emerging man-made contaminant in marine environments precludes large effects and interactions with species exposed to massive litter quantities.”

*[Mediterranean marine biodiversity under threat: Reviewing influence of marine litter on species \(2015\)](#)*

**Salud Deudero and Carme Alomar**, researchers at the Spanish Institute of Oceanography

# Objectives of this guide:



To raise awareness of the impact of different plastic products on the environment



To differentiate an Honest Alternative from a False Alternative, facilitating purchasing decisions based on environmental protection criteria



To help companies contribute to the regeneration of the environment

**This guide is a tool  
to help inform  
your purchasing  
decisions.  
Please consult it  
before placing  
orders with  
your suppliers!**

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# 1. HOW TO IDENTIFY AN HONEST ALTERNATIVE

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An Honest Alternative will always have a lower impact than the product it replaces.

HOW DO I REPLACE SINGLE-USE PLASTICS WITH AN HONEST ALTERNATIVE?



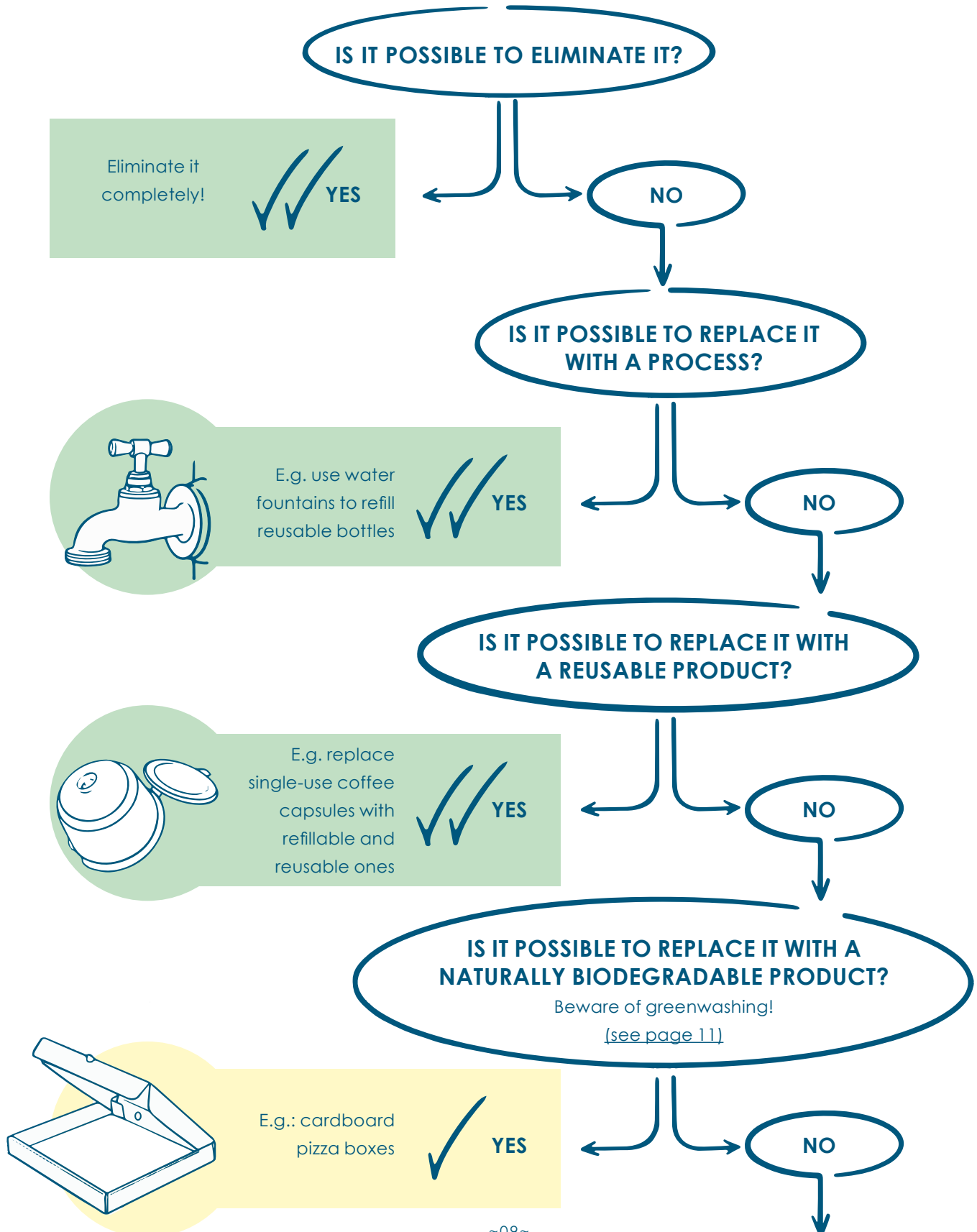
Instead of opting to recycle, prioritise reducing waste generation at source, eliminating unnecessary products by incorporating reusable processes or products.



To identify Honest Alternatives, based on waste hierarchy, we recommend following these guidelines:




# Is this product necessary for our operations or business?





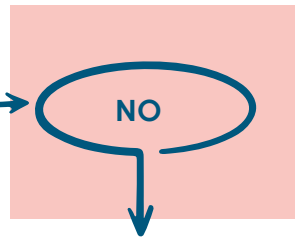

E.g.: glass olive oil bottles are permitted for on-premises consumption according to Royal Decree 895/2013

✓ YES


E.g. catering-size (5 litre) ketchup bottles, mostly made of HDPE

✓ YES

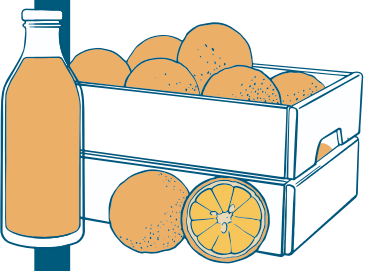


→ **Make sure you manage your waste correctly by disposing of it in the correct container or via a waste management service.**

**RED ALERT!!!**  
If you can't find alternatives using the previous steps, this product needs to be eco-designed! Help us identify those products that are essential for your operations, but without Honest Alternatives on the market.



**Km0** Last but not least... **Prioritise buying locally and in bulk!**



To avoid excessive packaging, it is better to choose locally produced options. This not only minimises waste, but also strengthens the local economy, while reducing emissions from transport.

## 2. HOW TO IDENTIFY A FALSE ALTERNATIVE

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A False Alternative is one that markets itself in a way that misleads people into believing that its environmental impact is null, or less than that of the product it replaces, even though in some cases its impact is actually equal or even greater.

As a general rule, substituting a single-use product for another single-use product, regardless of the material from which it is made, should be avoided at all costs.

# Beware of “greenwashing”

**Greenwashing** refers to misleading actions that companies take in order to present a cleaner image with regard to their environmental performance. They can do this through the products they market, falsely advertising them as environmentally friendly products, or through marketing strategies, such as logos, corporate colours, slogans etc.



**Labelling:** Beware of products that are labelled and/or certified as ecological, green, biodegradable, compostable, plastic-free, bio, eco-sustainable, eco-friendly, or which use green and brown colours or symbols of recycling, leaves or plants! Many of these products contain plastic or are disposable and they can have the same impact on nature or our health as single-use plastics.

## 2. HOW TO IDENTIFY A FALSE ALTERNATIVE



**Material:** There are products on the market made from materials that are supposedly of **plant origin**, but which are highly processed and do not maintain the properties one would expect from a plant in terms of fibres, texture, fragility or lack of flexibility. These products are more similar to plastic in texture and flexibility and sometimes they are transparent or come in colours that are not found in nature.

There are **paper/cardboard** products that are sold as “greener” but, in addition to the fact that they are still disposable and generate waste, they also **contain a thin layer of plastic, due to the need to ensure they remain waterproof**. This mix of materials makes them impossible to recycle.

Consumers may perceive these products as environmentally beneficial and think that throwing them away or even into nature has no impact.

**Standards:** As a rule, packaging products marketed as biodegradable and/or compostable are subject to certain standards and norms. In the European Union, the EN 13432 standard is used, and companies can certify products with these labels after specific tests have been carried out.



Most of these products must be composted in industrial plants. However, in practice, not all composting plants are able to treat these products and, as a result, they end up in landfill or are incinerated. This is revealed in the EU Directorate-General for the Environment's 2020 report, *Relevance of Biodegradable and Compostable Consumer Plastic Products and Packaging in a Circular Economy*. This also indicates that, to date, there is no conclusive evidence of success as to the benefits of these products in the resulting compost.



# biodegradable plastics compostable plastics bioplastics

are not an “honest” or plastic-free alternative because:

- they create the false perception that they are environmentally friendly products and can disappear in a short period of time in nature. This is not the case because, in order for them to biodegrade or be composted, specific industrial conditions of temperature and time are needed. **At the moment, there are no satisfactory degradation results in industrial composting processes.**
- these materials may contain petroleum products and other harmful chemical additives that need specific conditions to degrade - conditions that do not occur in nature. **There is a lack of specific analysis on the safety of these products in the resulting compost.**
- technology is insufficient. In waste treatment plants in the Balearic Islands, most bioplastics do not enter the composting process. **They are treated as unwanted by plastic waste management and recycling plants and end up with the residual waste, being sent either to landfill or for incineration.**
- most bioplastics are single-use products and perpetuate the throwaway culture.
- According to [European Directive 2019/904 of 5 June 2019](#), biodegradable plastics made from natural polymers are still considered as **plastics**.



## The jury is still out...

To promote the transition to a circular economy, the European Union indicates that a clear policy framework is needed on the use of bio-based plastics, i.e. biodegradable and compostable plastic.

Most plastics currently presented as biodegradable generally only degrade under specific conditions that are not always easy to find in natural environments and can therefore also damage ecosystems. On the other hand, plastics considered compostable are not necessarily suitable for household composting. If compostable plastics and conventional plastics are mixed in the recycling process, this may affect the quality of the recycled materials. For consumers, a well-functioning separate collection system for organic waste is essential.

It is important to ensure that consumers have clear and correct information and that biodegradable plastics are not presented as a solution to waste generation. This can be achieved by clarifying which plastics can be labelled as “compostable” or “biodegradable” and what their treatment should be after use.

Sources:

[Communication from the European Commission to the European Parliament, the Council, the European Economic and Social Committee and the Committee of the Regions: A European Strategy for Plastics in a Circular Economy](#)

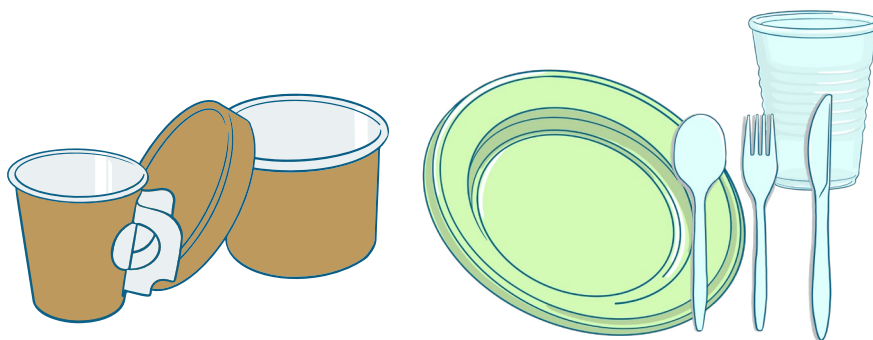
[EU Initiative: Policy Framework on Bio-based, Biodegradable and Compostable Plastics \(2021\)](#)



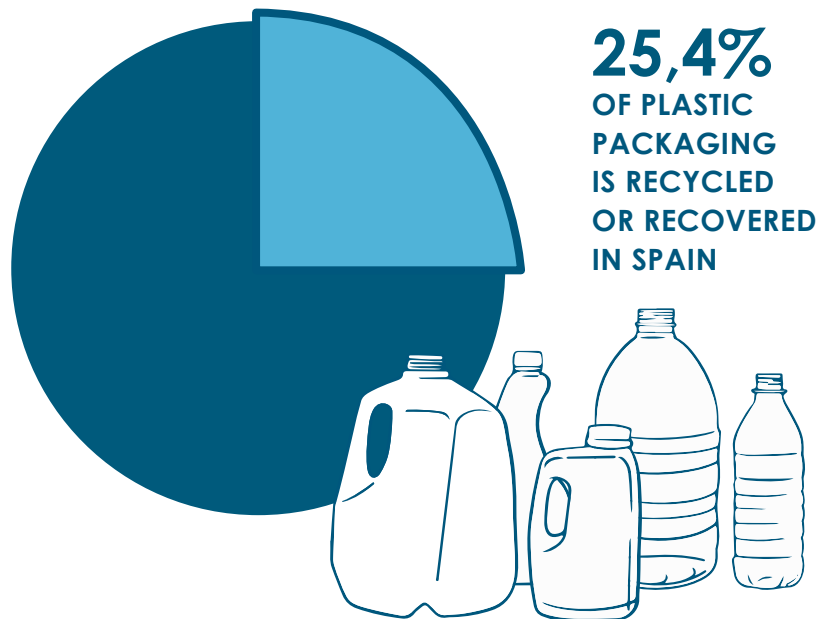
## Why single use is not a good option?

Firstly, because single-use products perpetuate the throwaway model, and secondly, because many of them, regardless of the material they are made from, are not recyclable or are difficult to recycle. This means they perpetuate a linear economy that continues to generate waste instead of moving towards a circular economy. Additionally, recycling rates in Spain remain very low.

It does not make good sense to take a product that has required a lot of resources and energy to be manufactured and use it for a mere matter of minutes or even seconds, especially when there are reusable, Honest Alternatives to replace them.



## Did you know that...?



According to Cicloplast, an organisation that brings together companies in the plastics sector, plastics can be recycled up to 4 or 5 times, but normally only once. This is due to what is known as downcycling or under-recycling, which results in a different product with less functionality and poorer quality than the original materials and which cannot be recycled again.

Source: *Damn Plastic (Maldito Plástico): Recycling is not enough* (Greenpeace 2019). Based on data from the city of Madrid, the metropolitan area of Barcelona, the Valencian Community, the Balearic Islands and MITECO



## Understanding the symbols



### RECYCLING

Known as the Möbius triangle, this is the symbol for recycling, indicating the process by means of three arrows:

1. Separation of waste
2. Recycling in recycling plants
3. Manufacture and delivery to market of a new product



### GREEN DOT

This symbol is visible on all packaging managed by an Extended Producer Responsibility (EPR) system. Companies that place their packaging on the market adhere to an EPR approach and pay for its management. In Spain, Ecoembes is responsible for the recovery and recycling of plastic and metal and Ecodidrio for glass.



### PLASTIC IDENTIFICATION CODES

These triangles, numbered from 1 to 7, serve to identify the material from which the product is made, as well as the potential for it to be recycled into new products, although not all of them are actually recycled.

## 2. HOW TO IDENTIFY A FALSE ALTERNATIVE

### PLASTIC IDENTIFICATION CODES:

	 PET	<b>PET PLASTIC:</b> Bottles of water and other beverages
	 HDPE	<b>HDPE PLASTIC:</b> Shampoo, detergent and milk bottles
	 LDPE	<b>LDPE PLASTIC:</b> Shopping bags, rubbish bags, cling film
	 PP	<b>PP PLASTIC:</b> Straws, drinking cups, detergents, food containers and bags, pill bottles
	 PS	<b>PS PLASTIC:</b> Food trays, single-use cups, yoghurt pots
	 PVC	<b>PVC PLASTIC:</b> Credit cards, windows, pipes, cable insulation
	 OTHER	<b>OTHER:</b> Other types of plastic and mixed plastic materials

### RECYCLABILITY\*:

HIGH

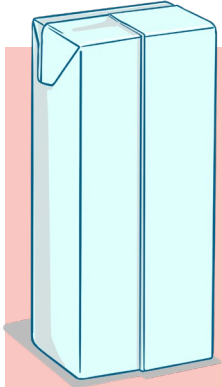
MEDIUM

LOW

VERY LOW

\*Source: Indicator of Honest Alternatives to single-use plastics, produced by Save The Med Foundation

## Recyclability of other materials:

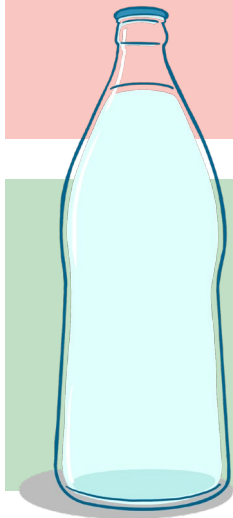


### 21.5% DRINKS CARTONS

Only 21.5% of drinks cartons are actually recycled in Spain, and it is important to note that they are NOT recycled in their entirety; only the cardboard part is recovered. The rest (plastic and aluminium) goes to landfill or for incineration.

**Moreover, as the item appears to be made of cardboard, this often leads to confusion about which bin to place it in (blue, yellow or grey?), so in most cases it does not even end up in the recycling chain.**

Source: [Recycling of multilayer composite packaging: the beverage carton](#), Eunomia Research & Consulting para Zero Waste Europe



### 70% GLASS

In Spain, **70% of glass packaging is recycled**. Glass can be recycled an infinite number of times.

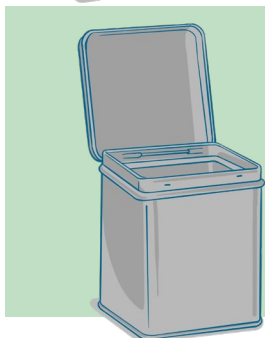
Source: Ecovidrio



### 70% PAPER/CARDBOARD

In Spain, around **70% of paper and cardboard is recycled**. Cellulose fibre can be reused about six times.

Source: Spanish Association of Pulp, Paper and Cardboard Manufacturers (Aspapel)



### 85% METAL

Stainless steel, aluminium: in Spain, more than 85% of this type of packaging is recycled and it can be recycled an infinite number of times.

Source: APEAL, European Association of Packaging Steel Producers

### 3. SINGLE-USE PLASTICS AND THEIR ALTERNATIVES

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**In this section, you will find the products most commonly used by the hospitality sector and their alternatives.**

To facilitate understanding, a comparative analysis has been undertaken of the environmental impact of both single-use plastics and their alternatives.

This analysis has been carried out using the Honest Alternatives to Plastic Index (HAPI) ([see next section](#)).

We use red and green flags to identify products.



#### **What is a Red Flag product?**

Red Flag products are all those products that appear recurrently on our coasts, polluting the environment, endangering local species and causing the water quality to deteriorate. They are used frequently by local communities and the tourism sector. They have been identified on the basis of data obtained via the Blueslands project, to whose list we have also added gloves and masks because of the environmental impact they produce today due to their widespread use in the context of COVID-19.



#### **What is a Green Flag product?**

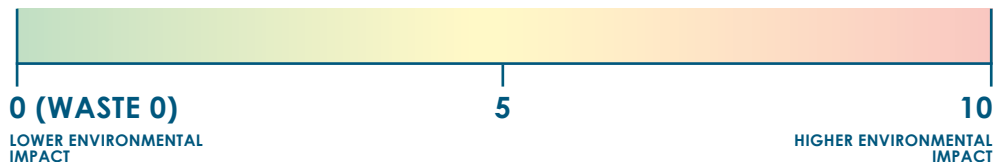
The geographical isolation of the islands and the high demands of the tourist industry mean that most consumer products are imported, and most of them arrive packaged. Products identified with a Green Flag are those that are considered “**km0**”, i.e. produced locally, thus avoiding the packaging and over-packaging caused by transport. Companies that opt for these products, in addition to reducing their environmental impact, strengthen local productivity.

# Honest Alternatives to Plastic Index

## HAPI

The HAPI is a tool created by Save The Med to measure and compare companies' plastic footprints and help them to improve it.

The HAPI scores each product on a 10-point scale, where 10 reflects products with the highest environmental impact and which should therefore be eliminated, and 0 their zero-waste alternative, with scores in between according to impact.



The HAPI has been developed based on the following criteria:



- **Waste prevention.** Scored positively if a product or packaging system considered unnecessary has been eliminated.



- **Compliance with laws concerning single-use plastics (Balearic Waste Law 8/2019 and EU Directive 904/2019).**

Products that do not comply with the law obtain the highest impact score (10).



- **Reuse.** Disposable products will be penalised in favour of those with multiple uses.



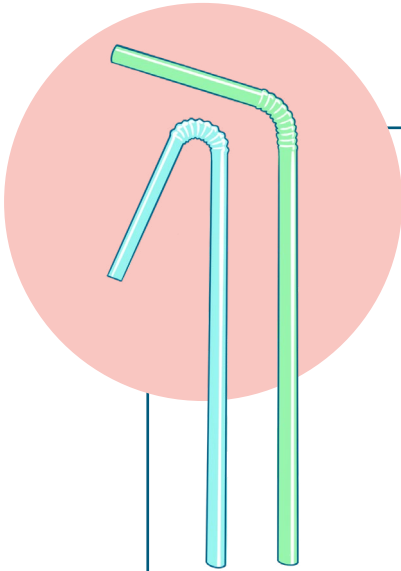
- **Packaging size and format.** Packaging with optimal size in relation to the amount of product it can hold will be evaluated qualitatively, with the most optimal being that which does not exist, i.e. total waste prevention.



- **Material.** A multi-criteria score is assigned to each material, taking into account the renewability and availability of the resource, the environmental impact of obtaining it, recoverability in the waste management system, technical recyclability and secondary market demand.

## The HAPI uses the traffic light system to interpret the data

PRODUCT	HAPI
<p><b>Most polluting product / PROHIBITED</b></p> <p>RED: products prohibited under Balearic Law 8/2019 on Waste and Contaminated Soils and European Directive 904/2019 or identified as Red Flag products (with high potential to pollute beaches and coastlines)</p>	<b>&gt; 6,5 - 10</b>
<p><b>Alternative medium-impact product</b></p> <p>YELLOW: effectively recyclable or less polluting disposable items</p>	<b>&gt; 3,6 - 6,5</b>
<p><b>Reusable or zero waste alternative</b></p> <p>GREEN: reusable, or zero waste (in terms of product disposal)</p>	<b>0 - 3,6</b>



## STRAWS

PRODUCT	HAPI
☒ Disposable plastic straws	10
☒ Biodegradable/compostable disposable straws	10
Small stock of disposable options that are delivered on demand or for medical reasons	5,85
Disposable paper straws	5,85
Disposable pasta straws	5,85
Edible straws	5,85
Disposable straw straws	5,67
Small stock of reusable options that are delivered on demand or for medical reasons	3,01
Reusable metal, bamboo or glass straws	3,01
Straws completely eliminated	0



### The law matters

Both the Regional Government of the Balearic Islands and the European Union have adopted pioneering laws for the prohibition or regulation of some categories of single-use plastics. The articles of the **Balearic Law 8/2019 of 19 February on Waste and Contaminated Soils** banning certain single-use items came into force on 20 March 2021, while **EU Directive 2019/904 of 5 July 2019 on reducing the impact of certain plastic products on the environment** came into force on 3 July 2021, although its transposition currently depends on the approval of Spain's new Waste Law. Additionally, **Decree Law 3/2022 on Urgent Measures for the Sustainability and Circularity of Tourism in the Balearic Islands** recently came into force.

The aforementioned laws are legal **tools to protect and restore the health of our marine and land ecosystems. Complying with them matters.** The HAPI calculation therefore penalises the use of products that are prohibited by law.



## COLD DRINKS

PRODUCT	HAPI
✚ Disposable plastic cups	10
✚ Disposable cups made from biodegradable/ compostable plastic	7,02
✚ Disposable cups made from plastic-coated cardboard	6,75
<u>Deposit and return system</u> for reusable cups (e.g. hard plastic cups). The score may vary depending on the material	3,51
Reusable cups or glasses	2,92
<u>BYO policy</u> (bring your own cup)	0



## HOT DRINKS

PRODUCT	HAPI
✚ Disposable plastic cups for coffee or other hot beverages	10
✚ Disposable plastic cups made of plastic-coated cardboard	6,75
<u>Deposit and return system</u> for reusable cups (e.g. ceramic cups or mugs). The score may vary depending on the material	3,51
Ceramic cups or mugs or ones made of other reusable materials	3,51
<u>BYO policy</u> (bring your own cup or mug)	0



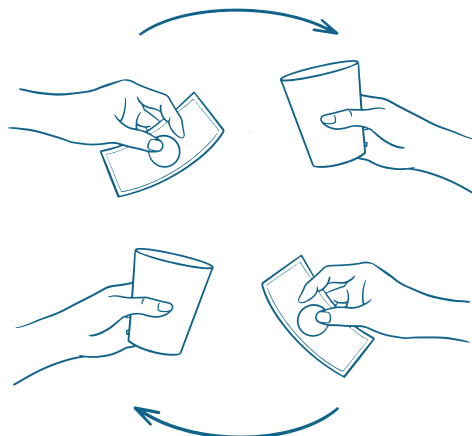
## BYO (Bring Your Own) Policy

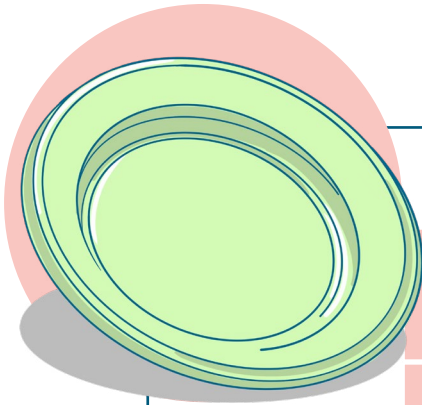
This system has been widely applied in several countries in Europe and elsewhere in the world, and has recently been introduced in some local shops in the Balearic Islands, with considerable success. It consists of allowing and even encouraging customers to bring their own reusable glasses, cups, plates, cutlery, bags or take-away containers, thus encouraging the reuse of items that would otherwise be disposable.






## Deposit and Return System

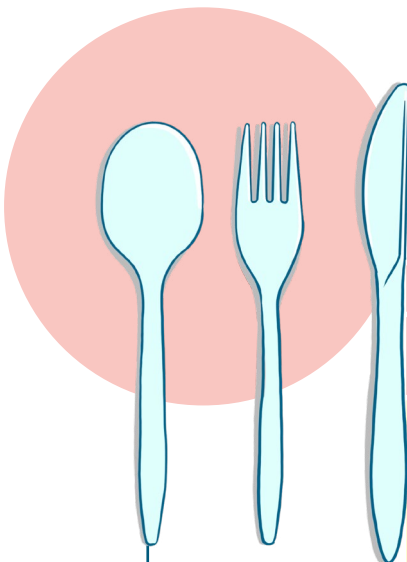
Alternatively, and to share the responsibility with the consumer, it is also highly recommended to implement a deposit and return system whereby the consumer is loaned one or several reusable and washable household items, such as cups, plates and cutlery, and a deposit is charged on the items to ensure their return after use.







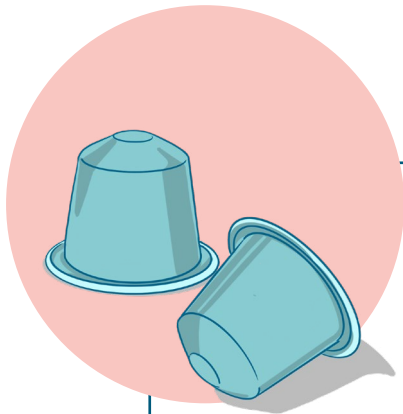
## PLATES

PRODUCT	HAPI
 Disposable plastic plates	10
 Biodegradable/compostable disposable plates	10
 Disposable, plastic-coated cardboard plates	6,75
Disposable plates made of naturally biodegradable materials (bamboo)	6,21
Disposable plates made of naturally biodegradable materials (wood)	6,03
Ceramic plates or ones made of other reusable materials	3,51
<u>Deposit and return system</u> for reusable plates (e.g. hard plastic plates). The score may vary depending on the material	3,51
<u>BYO policy</u> (bring your own plate)	0



## CUTLERY

PRODUCT	HAPI
 Disposable plastic cutlery	10
 Disposable cutlery made of biodegradable/compostable plastic	10
Disposable cutlery made from naturally biodegradable materials (bamboo)	6,21
Disposable cutlery made from naturally biodegradable materials (wood)	6,03
Cutlery made from metal or other reusable materials	3,01
<u>Deposit and return system</u> for cutlery (e.g. metal cutlery). The score may vary depending on the material	3,01
<u>BYO policy</u> (bring your own cutlery)	0



## TEA & COFFEE

PRODUCT	HAPI
Disposable plastic and/or aluminium coffee capsules	10
Disposable coffee capsules made of biodegradable/compostable plastic material	7,02
Disposable plastic or mixed plastic and paper teabags	6,75
Disposable aluminium capsules (only if collected for recycling)	6,03
Disposable paper tea bags	5,85
Disposable 100% paper coffee/tea filters (coffee percolator)	5,85
Traditional/industrial coffee/tea maker (without filter) or machine/tea maker, refilled with large (> 5kg) plastic and aluminium coffee/tea packets	4,05
Reusable coffee/tea filters (coffee percolator)	3,51
Reusable and/or refillable capsules made of metal or other materials	3,01
Traditional/industrial coffee/tea maker (without filter) or machine/tea pot, refilled with disposable paper coffee packet (> 5kg)	2,92
Traditional/industrial coffee machine (without filter) or machine/kettle, refilled with coffee bought in bulk	0
Single-use coffee capsules/tea bags eliminated	0

## How much can I save? A kilo of capsules or coffee bought in bulk?

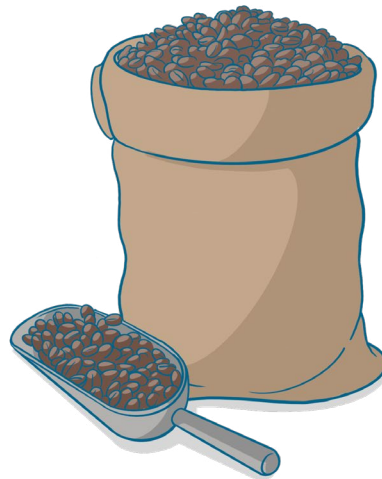
Did you know that one kilo of coffee capsules generates 0.4kg of waste? Therefore, for every kilo we buy in bulk, we are reducing waste generation by 0.4kg.

One kilo of coffee capsules can cost 70 euros, while 1kg of bulk-bought coffee costs approximately 13 euros.

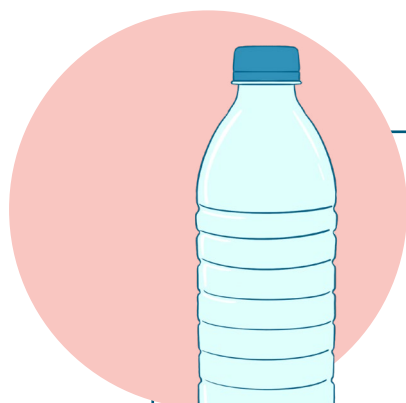
GENERATES  
**0.4kg**  
OF PLASTIC  
WASTE



COFFEE CAPSULES  
**1kg = €70**



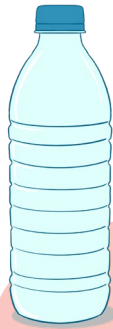
COFFEE IN BULK  
**1kg = €13**



## WATER

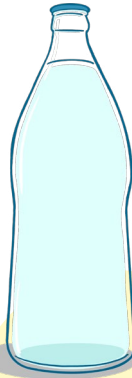
PRODUCT	HAPI
Water in extra-small, single-use plastic bottles (<20 cl)	10
Water in small, single-use plastic bottles (20-50 cl) in public events (prohibited by law)	10
Water in cartons	7,38
Water in small, single-use plastic bottles (20-50 cl)	7,02
Water in cans	6,03
Water in small, single-use glass bottles (20 cl-50 cl)	5,85
Water in medium-sized, single-use plastic bottles (1.5-4 l)	5,26
Water in medium-sized, single-use glass bottles (1.5-4 l)	4,38
Water in large, single-use plastic bottles (>5 l)	3,51
Water in small, returnable glass bottles (<50 cl)	2,92
Water in reusable, refillable plastic bottles (in-house refillable system)	2,63
Water in reusable, refillable metal bottles (in-house refillable system)	2,26
Water in reusable, refillable glass bottles (in-house refillable system)	2,19
Water in medium-sized, returnable glass bottles (0.5-2 l)	2,19
Water in reusable, refillable plastic bottles (>25 l)	2,13
Filtered water in those municipalities where drinking water is not available	2,13
Water in large, returnable glass bottles (8-10 l)	1,46
Drinking water from the tap	0

**Example:**



**33 cl  
PLASTIC  
BOTTLE**

**IMPACT RATING:  
7,02**



**33 cl  
RETURNABLE  
GLASS  
BOTTLE**

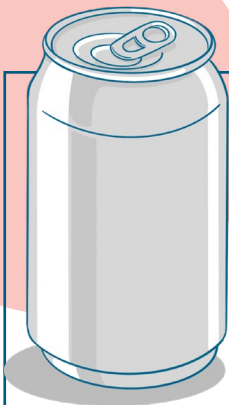
**IMPACT RATING:  
2,92**



**WATER  
FROM TAP**

**IMPACT RATING:  
0**

## CANS



**PRODUCT**

**HAPI**

☞ Secondary packaging: plastic ring-packs (packs of 6 or 8 cans)

**10**

Secondary packaging: plastic shrink wrap (packs of 24 cans)

**10**

Disposable cardboard rings

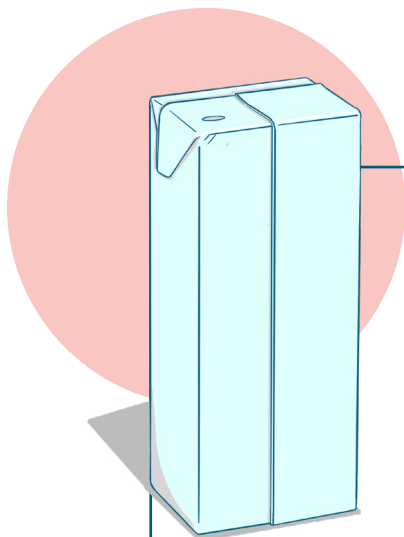
**5,85**

Secondary packaging: biodegradable/ compostable shrink wrap (packs of 24 cans)

**5,26**

Returnable glass bottles (33 cl)

**2,92**



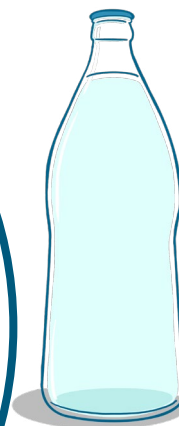
## OTHER DRINKS

PRODUCT	HAPI
Single-serve drinks in disposable plastic containers (<20 cl)	10
Single-serve drinks in cartons (<20 cl)	10
Small drinks cartons (20-50 cl)	7,38
Small, disposable plastic bottles (20-50 cl)	7,02
Cans (have an internal plastic lining)	6,03
Small, disposable glass bottles (20-50 cl)	5,85
Medium-sized, disposable drinks cartons (1-2 l)	5,53
Medium-sized, disposable plastic bottles (0,75- 4 l)	5,26
Medium-sized, disposable glass bottles (0,7-2 l)	4,38
Large, disposable plastic bottles (> 5 l)	3,51
Small, returnable glass bottles (<50 cl)	2,92
Medium, returnable glass bottles (0.5-2 l)	2,19
Drinks made in-house (must not involve disposable elements in the packaging of the raw material or the final product)	0
Drinks cartons eliminated	0



## Reuse matters

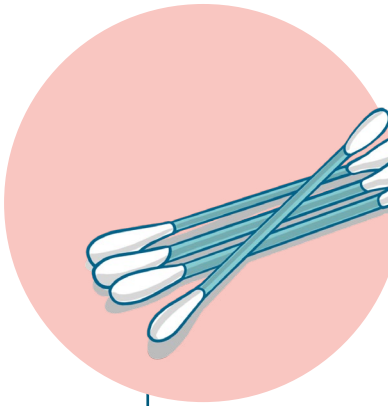
According to data from the Spanish Statistical Office (INE), the Balearic Islands is the region that generates the most waste per capita nationwide, with single-use products responsible for a large proportion of this waste. In the HAPI calculation, single-use products, regardless of the material from which they are made, are penalised compared to those products or packaging systems with multiple uses. The environmental impact resulting from the production, distribution, use/consumption and waste management of a single-use item is considerable. In contrast, a reusable product - in addition to reducing waste generation - preserves the value of products and materials for longer, reducing pressure on resources and the impact on local ecosystems.



**ONE  
REUSABLE  
GLASS  
BOTTLE  
REPLACES  
AROUND  
10 PLASTIC  
BOTTLES\***

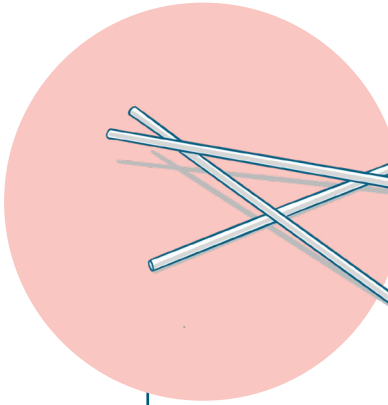
*\*Source: [reWINE Consumption and Production Case Study](#),  
Zero Waste Europe*





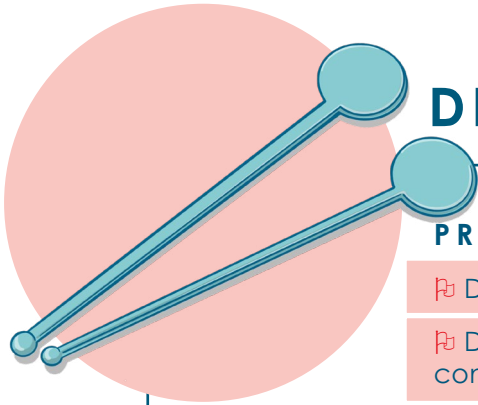
## COTTON BUDS

PRODUCT	HAPI
✚ Disposable plastic cotton buds	10
✚ Disposable biodegradable/compostable cotton buds	10
Disposable bamboo cotton buds	6,21
Disposable wooden cotton buds	6,03
Disposable paper cotton buds	5,85
Disposable cotton buds eliminated	0



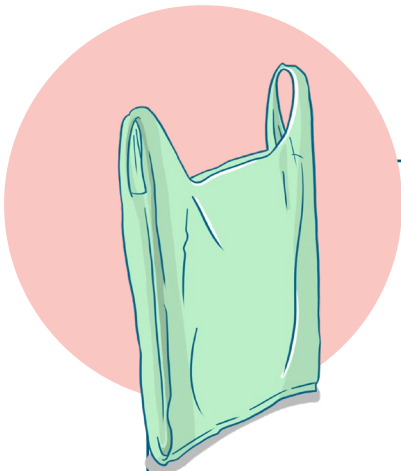
## LOLLIPOP STICKS

PRODUCT	HAPI
✚ Disposable plastic lollipop sticks	10
✚ Disposable biodegradable/compostable plastic lollipop sticks	7,02
Disposable bamboo lollipop sticks	6,21
Disposable wooden lollipop sticks	6,03
Disposable paper/cardboard lollipop sticks	5,85
Loose sweets (without individual plastic wrapper, purchased in bulk)	3,51
Disposable lollipop sticks eliminated	0



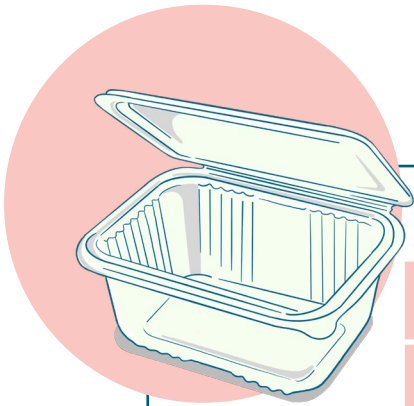
## DRINK STIRRERS

PRODUCT	HAPI
✚ Disposable plastic drink stirrers	10
✚ Disposable stirrers made from biodegradable/compostable plastic	10
Disposable stirrers made of naturally biodegradable materials (bamboo)	6,21
Disposable stirrers made from naturally biodegradable materials (wood)	6,03
Edible stirrers	5,85
Stirrers made of metal or other reusable materials	3,01
<u>BYO policy</u> (bring your own stirrer)	0
Stirrers eliminated	0



## BAGS

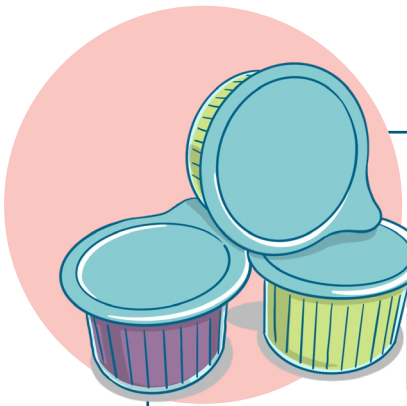
PRODUCT	HAPI
✚ Disposable lightweight or very lightweight plastic bags (e.g. 15 to 50 micron fruit and vegetable bags)	10
✚ Disposable biodegradable/compostable bags	7,02
Disposable thick plastic bags (>50) - composed of 50% recycled material	6,3
Disposable paper bags	5,85
Reusable and durable bags or baskets made of organic material (cotton, jute, hemp, palm)	3,19
<u>BYO policy</u> (bring your own bag)	0
Disposable bags eliminated	0



## TAKEAWAY CONTAINERS

PRODUCT	HAPI
✚ Disposable takeaway food packaging (including expanded polystyrene)	10
✚ Disposable takeaway food packaging made of biodegradable/compostable materials (PLA, etc.)	7,02
✚ Disposable plastic-coated cardboard takeaway food packaging	6,75
Takeaway food packaging made of naturally biodegradable, disposable materials (wood, bamboo)	6,03
Pizza takeaway packaging made from cardboard	4,38
<u>Deposit and return system</u> for reusable packaging ( <u>Bûmerang system</u> )	3,51
Own deposit and return system with reusable packaging (e.g. metal). The score may vary depending on the material	3,01
<u>BYO policy</u> (bring your own container or tupperware)	0
Disposable take-away containers eliminated	0

## CONDIMENTS



### OIL

### HAPI

Single portions of oil in disposable plastic sachets

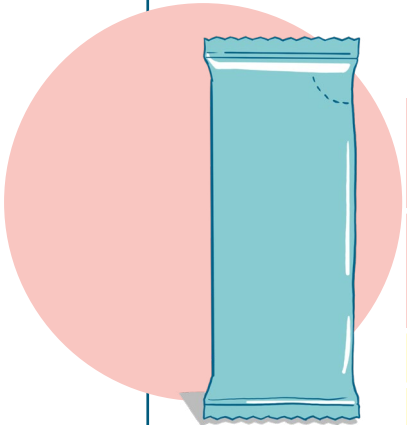
10

Single portions of oil in disposable biodegradable/compostable sachets

7,02

Olive oil in single-use glass bottles. Permitted according to Royal Decree 895/2013

4,38



### SAUCES AND CONDIMENTS

Condiments (ketchup, mayonnaise, mustard, jams, vinaigrette, butter) in disposable plastic and/or foil packaging

10

Condiments (ketchup, mayonnaise, mustard, jams, vinaigrette, butter) in disposable biodegradable/compostable packaging

7,02

Single portions in disposable glass jars

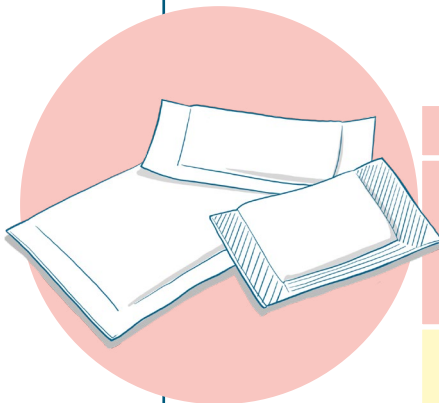
5,85

Medium-sized, disposable plastic containers

5,26

Large, refillable plastic containers or individual portions filled from catering-size containers

3,51



### SUGAR/SALT/PEPPER

Sugar/salt/pepper in disposable plastic sachets

10

Sugar/salt/pepper in disposable biodegradable/compostable sachets

7,02

Sugar/salt/pepper in disposable paper sachets (usually laminated on the inside)

6,75

Sugar/salt/pepper in shaker, filled from medium-sized, paper packet (1kg)

4,38

Sugar/salt/pepper in shaker, filled from large paper packet (over 5kg)

3,51



## Size matters

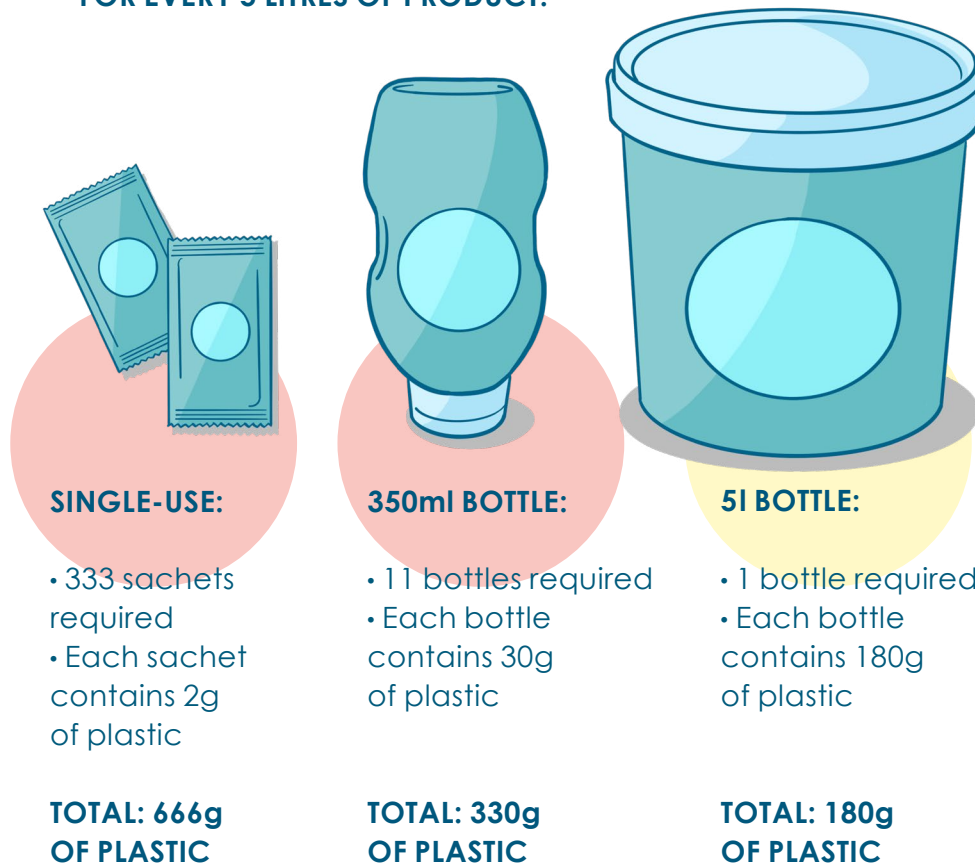
The HAPI assesses qualitatively packaging with optimal size in relation to the amount of product it contains.

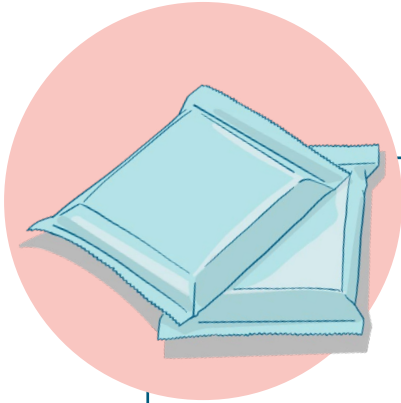
Products in small packaging, i.e. single-serve, quick turnaround items for rapid consumption by individuals, score negatively (higher) because they contain more plastic by weight than if the product is sold in bulk.

Due to their size and the mixture of materials they are made from, they have no value for recycling systems. They are disposed of as waste and incinerated. In addition, they are more easily spread by the wind.

For all these reasons, the use of small packaging is highly polluting. Eliminating these products is vital to reducing environmental impact.

### FOR EVERY 5 LITRES OF PRODUCT:





## SNACKS

PRODUCT	HAPI
Single-serve confectionery, chocolate, ice cream and other snacks in disposable plastic and/or foil wrappers	10
Sweets, chocolate, ice cream and snacks in medium-sized disposable plastic and/or foil packaging	8,55
Single servings of ice cream in disposable, plastic-lined tubs	6,75
Sweets, chocolates and snacks served in individual portions in disposable glass jars	5,85
Ice cream bought in bulk and served in an edible cone	5,85
Sweets, chocolates and snacks in medium-sized, disposable paper bags	4,38
Sweets, chocolates, ice cream and snacks served in single portions from large packets	3,51
Ice cream bought in bulk and served in reusable containers	1,50
Sweets, chocolates and snacks bought in bulk (without plastic wrapping)	0



## TOILETRIES

PRODUCT	H A P I
Travel toiletries (gel, shampoo, soap) in single-use plastic	7,02
Travel toiletries (gel, shampoo, soap) in biodegradable/compostable single-use plastic	7,02
Small stock of travel toiletries (gel, shampoo, soap) in single-use plastic, delivered on demand	7,02
Other accessories made of wood or other naturally biodegradable materials (comb, toothbrush, NO bioplastics!)	6,03
Toiletries in reusable containers, refilled from large, single-use containers*	3,51
Toiletries in reusable plastic containers, refilled from large, returnable containers >5l (whether plastic or biodegradable)*	1,75
Soaps, shampoo bars without plastic packaging	0
Toiletries in reusable plastic containers, refilled from bulk (whether plastic or biodegradable)*	0
Replaced with services (e.g. sewing arrangements, shoe shine on request)	0
Toiletries eliminated	0

\* As per 2021 guidelines published by the [Spanish Agency of Medicines and Medical Devices \(AEMP\)](#)



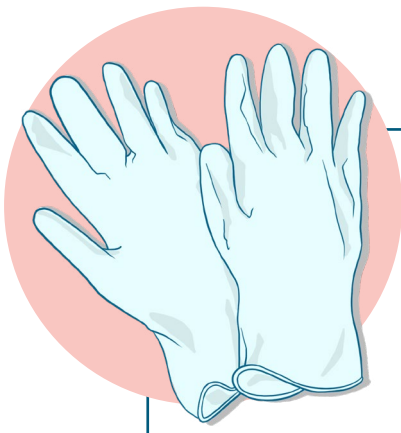
## Size matters

Example: Shampoo supply  
of 45.4 litres for a small hotel



\* As per 2021 guidelines published by the [Spanish Agency of Medicines and Medical Devices \(AEMP\)](#).





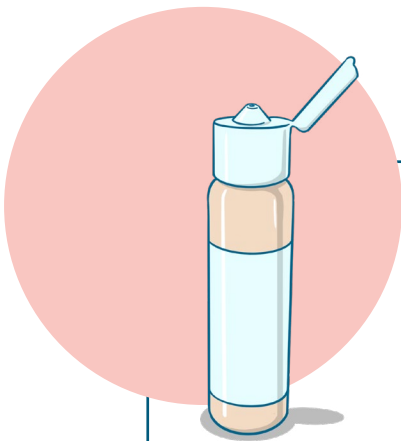
## GLOVES

PRODUCT	HAPI
☒ Disposable gloves	8,55
Reusable rubber gloves	4,27
Handwashing protocol	0



## MASKS

PRODUCT	HAPI
☒ Disposable hygienic face masks that comply with UNE 0064 and 0065 specifications	8,55
Reusable hygienic face masks that comply with UNE 0064 and 0065 specifications	4,05



## HAND SANITISER

PRODUCT	HAPI
☒ Sanitiser gel in small, disposable bottles (whether plastic or biodegradable)	7,02
Sanitiser gel in medium-sized, disposable bottles (whether plastic or biodegradable)	5,26
Sanitiser gel in large, disposable containers (whether plastic or biodegradable)	3,51
Sanitiser gel in large, returnable & refillable containers	1,75

## COVID-19, plastics and a false sense of security

A report by the European Environment Agency states that COVID-19 has led to increased use of single-use plastic products such as masks, gloves and certain types of packaging made from long-lasting materials, resulting in additional greenhouse and other gas emissions.

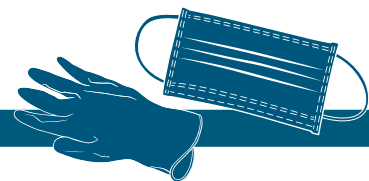
According to scientific estimates, **more than eight million tonnes of plastic waste associated with the pandemic** have been generated globally, and more than 25,000 tonnes have found their way into the ocean, harming ecosystems and animals.<sup>2</sup>

Therefore, masks and gloves are now included as reportable items in the monitoring of marine litter (OSPAR, 2020), e.g. through the EEA Marine Litter Watch application.<sup>3</sup>

**The pandemic has helped to perpetuate the widespread belief that plastic is more hygienic and therefore safer.**

**The reality is that plastic packaging and single-use plastic items do NOT serve as disinfection methods by themselves. On the contrary, the virus lives longer (2-3 days) on plastic surfaces than it does on paper, cardboard, glass, wood or textiles, according to scientific research.<sup>4</sup>**

**Meanwhile, rigorous sanitisation measures and processes DO ensure the elimination of viruses and bacteria.**



<sup>2</sup> Peng et al. 2021. *Plastic waste release caused by COVID-19 and its fate in the global ocean*. PNAS November 23, 2021

<sup>3</sup> European Environmental Agency. 2021. *Impacts of COVID-19 on single-use plastic in Europe's environment* (Briefing)

<sup>4</sup> The New England Journal of Medicine. 2020. *Aerosol and Surface Stability of SARS-CoV-2 as Compared with SARS-CoV-1*

# What are your concerns?

**Alternatives are too expensive**

Reusable options are not more expensive! The priority is to avoid waste generation. If you make use of the recommendations, including eliminating unnecessary products and replacing single-use products with reusable options, you should be able to reduce your expenses.

**We have always done it this way**

Breaking ingrained patterns of thinking is not always easy, but it is possible! Being innovative involves a period of adaptation that has many benefits in the future, the first of which is environmental and the second is reputational. We can help you with this narrative.

**My customers want these items**

There is widespread awareness of the impact of single-use plastic products on the environment. A change in your company's policies that impacts customer behaviour for the better is good for our society. Congratulations!

**Employees will find it hard to embrace the change**

Any change adopted by your business requires the participation of your employees. Training is vital for introducing changes, such as replacing products with processes. The result is worth the effort; it reduces waste generation and fosters a sense of pride in your company.

**Changes are prohibited by health safety regulations**

It is safe to use reusable alternatives, other than in specific cases outlined in health regulations, such as Royal Decree 895/2013 stating that olive oil should be served in single-use bottles. There are often misconceptions about safety and hygiene; these can be overcome with good communication and safe sanitary processes.

**My suppliers don't have alternatives**

Tell your suppliers that you have started a transition; use the Honest Alternatives guidelines and send them this guide to help them meet the requirements of plastic-free companies. Join Plastic Free Balearics (more information at [plasticfreebalearics.org](http://plasticfreebalearics.org))



**The hospitality sector can lead the change!**

## 4. CONCLUSIONS

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Plastic Free Balearics wishes to move forward together with the hospitality sector towards ambitious and achievable objectives. To accomplish this, it is essential to generate strategic alliances throughout the value chain.

We encourage you to:



Make a real commitment to plastic-free management, using this guide to identify Honest Alternatives and differentiate them from False Alternatives.



Communicate your transition to single-use, plastic-free best practice to your suppliers. They are your key allies in making this happen ([see Resources](#)).



Share this guide with colleagues, suppliers and other stakeholders in the hospitality value chain.



Become a Plastic Free Guardian through our Plastic Free Balearics certification. Aim to achieve the five stars by eliminating 100% of the 23 Red Flag products we have seen in this guide and replacing them with reusable alternatives.

We hope that the information in this guide will be of use to you as we continue to move towards becoming plastic-free islands. Together, we can continue to inspire our associates, partners and local communities to be part of the change.



*Four islands,  
one common goal*

## 5. RESOURCES

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### Communication with suppliers

#### RESOURCE 1: SAMPLE LETTER TO SUPPLIERS

By sending a letter to your suppliers you can inform them of your willingness to change and inspire them to do the same. Here is a sample letter:

Dear suppliers,

We are writing to inform you that, due to the enormous environmental impact of single-use plastics on marine and land ecosystems, our company has decided **to initiate a transition in our operations towards single-use, plastic-free practices**. Our goal is to eliminate, to the best of our ability, the consumption of products and systems based on single-use plastic, as well as their bioplastic counterparts.

**This decision requires us to reach out to all members of our supply chain to request that you source reusable alternatives to replace them, as well as processes or services free from single-use plastics.** In order to establish an effective partnership, we will send you useful information, such as guidelines for choosing "Honest Alternatives" that result in a lower environmental impact.

We want to contribute to the regeneration of the rich biodiversity of the Balearic Sea, which is seriously threatened, so we ask you to join us in forming a beneficial value chain. A first action would be for you to deliver goods to us with as little packaging as possible in order to reduce single-use material. **We hope that with this action we can grow the chain to improve the health of our islands together.**

Thank you!

## RESOURCE 2: CHECKLIST FOR SUPPLIERS

Below is an example of a checklist that you can give to your suppliers depending on the service they provide. By providing this list, you are letting them know what your minimum standards are in terms of packaging and single-use products, and what options you accept instead.



### SUPPLIERS OF MISCELLANEOUS GOODS

#### Ideal option:

- Eliminate packaging
- Reusable and returnable packaging and containers



#### Intermediate option:

- As little packaging as possible
- Large quantities in a single packaging system
- Lower-impact materials: cardboard, glass, metal, fabric, natural fibres



#### Not accepted:

- Large quantities of plastic packaging or biodegradable/compostable plastics
- Individually packaged products in plastic or other materials

### CATERING AND FOOD SUPPLIERS



#### Ideal option:

- Reusable and returnable packaging and containers
- Bulk products served in returnable packaging or cartons



#### Intermediate option:

- As little packaging as possible
- Large quantities in a single packaging system
- Lower impact materials: cardboard, glass, metal, fabric, natural fibres



#### Not accepted:

- Large quantities of plastic packaging
- Individually packaged products in plastic or other materials
- Individual drinks in plastic or other plastic-containing materials, such as cartons



*Four islands,  
one common goal*

[www.plasticfreebalearics.org](http://www.plasticfreebalearics.org)  
[info@plasticfreebalearics.org](mailto:info@plasticfreebalearics.org)



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