

# Nappies shouldn't cost the earth!



Amazing advances in real nappy technology mean modern mums and dads don't have to go back to washing terry nappies, safety pins and folding.



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A real nappy is one that is washable and is used over and over again. **Stop right there!** Get that outdated picture of nappies 50 years ago out of your head and please read on.

**Real nappies don't mean going back to safety pins and folding!** There have been amazing advances in technology even in the past 5 years: real nappies come with poppers or velcro for quick and easy fitting, are incredibly soft and comfortable, and are available in lots of cute styles, shapes and colours. So, you get many of the benefits of disposable nappies, more money in your pocket and you're helping the environment.

## Why should you consider real nappies?

By using real nappies you could save up to €1,000 compared to the cost of keeping a baby in disposable nappies and help to make a healthier environment too!

Your baby will need about 4,500 nappies on his/her way to potty training (c30 months). For this, 4½ trees are destroyed to keep one baby in disposable nappies.

You could buy an entire real nappy kit for c. €300. This same amount of money would only buy 12-16 weeks of disposable nappies.

An estimated 600,000 nappies are used every day in Ireland. 94% of disposable nappies end up in landfill sites. One disposable nappy takes up 500 years to biodegrade.

For a family with one baby, half of a typical waste bin will consist of disposable nappies. One baby creates 2.5 tonnes of nappy waste in 2 years.

Modern washing machines can successfully wash both the nappies and the waterproof outers at 40°C.

Disposable nappies contain paper pulp, plastic absorbent gel granules and chemical additives in the plastics and perfumes, all of which have a negative impact on the environment.





## Get the facts — not the fiction

**Fiction:** But, won't I spend my time washing, scrubbing and soaking soiled nappies?

**Fact:** Modern real nappies can be shaped, fitted and fastened easily with velcro, poppers or ties. They may be used with waterproof pants to keep the nappy in place and they are machine washable. Nappies can be purchased with flushable biodegradable liners (like tissue paper) to catch the poo.

**Fiction:** 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.

**Remember, by using real nappies even some of the time, you are helping the environment. So go on, try the MODERN real nappy – you will be pleasantly surprised! Our current list of real nappy suppliers is listed overleaf....**

# Irish Suppliers of Real Nappies

(All suppliers listed below provide a mail-order service. Their general location has been inserted to encourage sustainable purchasing.)

**An Siopa Beag** (based in Clare)

t: 061 375 770 ..... e: [ansiopabeag@gmail.com](mailto:ansiopabeag@gmail.com)  
[www.ansiopabeag.com](http://www.ansiopabeag.com)

**Ecobrats** (based in Limerick)

t: 061 748498 ..... e: [info@ecobrats.ie](mailto:info@ecobrats.ie)  
[www.ecobrats.ie](http://www.ecobrats.ie)

**Ecoshop Ltd** (based in Dublin)

t: 01 2872914 ..... e: [contact@ecoshop.ie](mailto:contact@ecoshop.ie)  
[www.ecoshop.ie](http://www.ecoshop.ie)

**Ecoware** (based in Louth)

t: 041 9822594 ..... e: [ecoware@ireland.com](mailto:ecoware@ireland.com)  
[www.ecoware.ie](http://www.ecoware.ie)

**Little Angels** (based in Galway and Mayo)

t: 091 539722 and 094 9025398 ..... e: [info@littleangels.ie](mailto:info@littleangels.ie)  
[www.littleangels.ie](http://www.littleangels.ie)

**Little Comfort** (based in Donegal)

t: 074 9740443 ..... e: [info@littlecomfort.com](mailto:info@littlecomfort.com)  
[www.littlecomfort.com](http://www.littlecomfort.com)

**The Baby Orchard** (Reps in various locations)

t: 1890 25 22 65 ..... e: [info@thebabyorchard.com](mailto:info@thebabyorchard.com)  
[www.thebabyorchard.com](http://www.thebabyorchard.com)

**The Natural Baby Resource** (Reps in various locations)

t: 04830 848050 ..... e: [naturalbabyresource@eircom.net](mailto:naturalbabyresource@eircom.net)  
[www.thenaturalbabyresource.com](http://www.thenaturalbabyresource.com)

**The Organic Cotton Shop** (Based in Waterford)

t: 051 856443 ..... e: [info@organiccottonshop.ie](mailto:info@organiccottonshop.ie)  
[www.organiccottonshop.ie](http://www.organiccottonshop.ie)

**TickTockTots** (Based in Clare)

t: 086 1060628 ..... e: [info@ticktocktots.ie](mailto:info@ticktocktots.ie)  
[www.TickTockTots.ie](http://www.TickTockTots.ie)

For other environmental tips,  
visit these websites:

[www.clarecoco.ie](http://www.clarecoco.ie)

[www.kerrycoco.ie](http://www.kerrycoco.ie)

[www.limerickcity.ie](http://www.limerickcity.ie)

[www.managewaste.ie](http://www.managewaste.ie)

[www.limerickcoco.ie](http://www.limerickcoco.ie)