

Nappies there is a choice

Washable nappies - the real alternative:

- Real easy - to use and wash
- Real savings - up to £500 on one child
- Real rubbish reduction - half your bin

EASY PEASY



Real nappies can be bought second hand and used on more than one child.

SAVE MONEY

Using around 20 real nappies can save about £500 for one child.



HALF YOUR BIN

One child can use up to 5000 disposable nappies compared with 20 or so fabric nappies. That's a lot of nappies in your rubbish bin.

READY TO TRY?

Ask your friends or midwife for details of any local groups. For further information on real nappies visit www.goreal.org.uk

