

Print and Paper Myths and Facts

Print & Packaging



Print and Paper
have a great
environmental
story to tell



www.twosides.info

Print and Packaging Solutions offer high-quality branded, eco-friendly and ethically sourced bespoke packaging products.

With decades of combined experience, the Print and Packaging team are perfectly qualified to offer expert advice on your branded packaging requirements.

Speak to one of our experts:

Email: info@printandpackaging.co.uk

Tel: 02380 671685

"Forestry, paper and packaging are among the most sustainable industries in existence."

CEO Perspectives, PricewaterhouseCoopers



"The boxes and bags look absolutely fantastic,
once again you proved yourselves as an excellent,
professional supplier"

Virgin Atlantic



For over 20 years Print & Packaging Solutions have offered clients a way to promote their brand on high quality bespoke packaging. We can supply bespoke branded carrier bags, rigid boxes, folding cartons, corrugated mailers, binders and branded merchandise.

We are consultants offering experience-based advice to those in a whole range of sectors including marketing, branding, retail, event management, corporate hospitality, ecommerce, VIP ticketing. In short anyone seeking luxury print and packaging solutions.



We have both the in-house capability to meet short timescales together with an excellent working relationship with our fully vetted network of overseas suppliers enabling us to provide cost-effective solutions without compromising on quality. Our philosophy is simple, "To deliver exceptional print, outstanding quality packaging and never let the client down."

Wherever possible Print and Packaging Solutions manufacture and source right here in the UK. This is by far the most environmentally friendly method of creating packaging solutions.

In addition to the environmental benefits of being able to manufacture locally it also means we can offer reduced lead times. Print and Packaging Solutions has some of the quickest turn-around delivery times in the UK. Whether we produce in house or through one of our partners we have exceptional quality control procedures in place throughout the production process.

Where we do use our overseas production we ensure that all suppliers are ethical employers and work to the highest quality and environmental standards.

Print and Packaging Solutions are proud members of Two Sides. Membership of Two Sides shows that our organisation regards environmental awareness as an essential part of the business strategy.

Find out more: www.twosides.info

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- 02 **The Myth** European forests are shrinking
- 04 **The Myth** Planted Forests are bad for the environment
- 06 **The Myth** Paper is bad for the environment
- 08 **The Myth** Paper production is a major cause of global greenhouse gas emissions
- 10 **The Myth** Only recycled paper should be used
- 12 **The Myth** Print and Paper is a wasteful product
- 14 **The Myth** Electronic communication is more environmentally friendly than paper-based communication
- 16 **The Myth** Digital is always the preferred means of communication
- 18 **The Myth** Packaging is wasteful and unnecessary
- 21 **Sources**

The Myth

European forests are shrinking

The Fact

European forests have been growing by over 1,500 football pitches every day



Between 2005 and 2015, European forests grew by 44,000 Square Kilometres - that's an area bigger than Switzerland and amounts to over 1,500 football pitches everyday!

FAO data, 2005-2015

"The most common pressures causing deforestation and severe forest degradation are: large and small-scale agriculture; unsustainable logging; mining; infrastructure projects; and increased fire incidence and intensity"

WWF Living Forests Report Chapter 5: Saving Forests at Risk, 2015



50% of the world's wood harvest is used for energy and 28% for construction. There are some other uses but paper only directly takes 13%

Derived from FAOSTAT, 2015

In some countries, particularly in the tropics, there are issues over land rights and natural forest conversion to industrial plantations which are a cause of concern to the paper industry, NGOs and consumers alike.

"Forests play an important role in the conservation of biological diversity. The area of protected forests in Europe increased by around half a million hectares annually between 2000 and 2010. Half of the protected forests are managed for conservation of biodiversity."

EEA, The European Environment — State and Outlook, 2015

The Two Sides initiative supports solutions to these problems and recognises the need to support products which can clearly be traced to sustainable sources.

"84% of our raw materials come from Europe."

CEPI Sustainability Report, 2015

In northern Europe, where almost all ancient forests are protected, paper comes from managed semi-natural forests where the cycle of planting, growing and logging is carefully controlled. Historical concerns in northern Europe and Canada have now been largely resolved through co-operation between legislators, campaigners and forest industries to protect ancient forests.

"The area under forest management certification has continued to increase, from 18 million ha under internationally verified certification in 2000 to some 438 million ha in 2014."

FAO Global Forest Resources Assessment, 2015

The Myth

Planted forests are bad for the environment

The Fact

Well-managed planted forests reduce the pressure on natural forests and can provide many other environmental benefits



Forests are essential for the transition to the green economy. Well managed planted forests are a vital element in the global forestry mix.



Natural forest accounts for 93% of world's forest area with planted forest occupying 7%, or 290 million hectares.¹

Planted Forests:

- In Europe, are not replacing natural forests
- Can be more productive and can grow faster than natural forests
- Can be independently certified
- Can provide new recreational facilities
- Can prevent soil degradation and erosion
- Provide new habitat shade and shelter for wildlife
- Contribute to rural development



“Well-managed planted forests can be useful in providing various forest goods and services and helping to reduce the pressure on natural forests.”

FAO Global Forest Resources Assessment, 2015

“Planted forests can be environmentally sound sources of renewable energy and industrial raw material.”

WWF, Living Forest Report, 2012, Ch 4

Planted Forests can be well managed. Initiatives such as the FAO Guidelines for Responsible Forest Management of Planted Forests and forest certification can help maintain ecosystems and biodiversity, protect High Conservation Values, involve multiple stakeholders and aid economic development.

Worldwide re-forestation will require expansion of a range of plantation types.

- The WWF Living Forests Model projects that around 250 million hectares of new tree plantations for all end uses might need to be established by 2050 due to population and GDP growth
- 11 million of those might be needed in Europe
- The paper industry is one user of many, including lumber and, increasingly, biofuels

WWF, Living Forest Report, 2012, Ch 4



The Myth

Paper is bad for the environment

The Fact

Paper is one of the few truly sustainable products



Paper is based on wood, a natural and renewable material. As young trees grow they absorb CO₂ from the atmosphere. Furthermore, as a wood product, paper also continues to store carbon throughout its lifetime.

The paper industry has a number of respected certification schemes ensuring the paper you use has come from a sustainable forest source. 2.1 billion ha, or 52% of the world's forests, are under management plans.¹ The two most recognisable certifications are the Forest Stewardship Council® (FSC®) and the Programme for the Endorsement of Forest Certification (PEFC™).



FSC helps take care of forests and the people and wildlife who call them home. It runs a global forest certification system with two key components: Forest Management and Chain of Custody certification. This system allows consumers to identify, purchase and use wood, paper and other forest products produced from well-managed forests and/or recycled materials. FSC's "tick tree" logo is used to indicate that products are certified under the FSC system. When you see the FSC logo on a label, you can buy forest products with confidence that you are helping to ensure our forests are alive for generations to come. For more information see www.fsc.org.

Forests play an important role in mitigating climate change by absorbing carbon from the atmosphere. Europe's forests store almost 80 billion tonnes of carbon in their biomass. The stock of carbon in forest biomass has increased by around 3 billion tonnes since 1990. This means that forests absorb around 7% of the annual greenhouse gas (GHG) emissions from the region.

EEA, The European Environment - State and Outlook, 2015



PEFC is an independent, non-profit, non-governmental organisation, founded in 1999 which promotes sustainably managed forests through independent third party certification. PEFC™ provides an assurance mechanism to purchasers of wood and paper products that they are promoting the sustainable management of forests.

Sustainability Facts.

- Paper is made from wood, a truly renewable and sustainable resource
- Forest certification ensures wood comes from well managed forests
- Responsible wood, pulp and paper production ensures healthy growing forests
- Between 2005 and 2015, European forests grew by an area the size of Switzerland¹
- In 2013, 74.7% of pulp delivered to paper and board mills in Europe was forest management certified by independent forest certification schemes, up from 71.1% in 2010²
- The potential supply of certified forest products increased by about 30% between 2007 and 2013³



The Myth

Paper production is a major cause of global greenhouse gas emissions

The Fact

Most of the energy used is renewable and carbon intensity is surprisingly low



The paper, pulp and print sector is one of the lowest industrial emitters of greenhouse gasses, accounting for 1% of global greenhouse gas (GHG) emissions.

Ecofys, 2013

The European pulp and paper industry produces original bio-based products using wood, a renewable material. It is also the biggest single industrial user and producer of renewable energy in the EU: 56% of the industry's total primary annual energy consumption is biomass-based.

And the industry has the potential to do even more in the future. It has the experience, technology and supply chain to play a big part in the bioeconomy and to do so in a resource-efficient manner.²

The CO₂ emissions of the European pulp and paper industry reduced by 22% between 2005 and 2013.

CEPI Key Statistics, 2014



The Pulp, Paper and Print sector is one of the lowest industrial greenhouse gas emitters.

Manufacturing industries account for 29% of global greenhouse gas emissions:

• Non-metallic minerals	6.0%
• Iron and steel	4.8%
• Chemical & petrochemical	4.3%
• Non-ferrous metals	1.4%
• Food & tobacco	1.1%
• Pulp, Paper and Print	1.0%
• Other industries	10.5%

Ecofys, 2013



The environmental impact of our personal paper consumption may not be as high as you think either.

In Europe, we each use 156 kg of paper every year.ⁱ This amount of paper produces 100 kg of CO₂ⁱⁱ which is equal to driving 500 miles in the average European car.ⁱⁱⁱ

By buying paper from sustainably managed forests and always recycling, we really do not have to feel guilty about using this natural and renewable product.

ⁱ The Swedish Forest Industries, 2013

ⁱⁱ EURO-GRAPH Statistic

ⁱⁱⁱ European Commission, 2015

The Myth

Only recycled paper should be used

The Fact

Virgin fibres from sustainably managed forests are needed to maintain the paper cycle



Without new fibres, from new trees, the paper cycle cannot be maintained. Recycled fibres degrade after several uses and the paper industry needs fresh fibre from responsibly managed forests to keep the renewable cycle going.

Europe is the world leader when it comes to recycling paper. 72% of our paper is now recycled. This means more recycled fibres are being used as a raw material by Europe's paper producers. In 1992, paper for recycling made up 35% of raw material, compared to 51% virgin fibre. In 2014, 46% of raw material was recycled fibre and 39% was virgin fibre.⁴

This growth in recycled fibres being used has slowed down in recent years as total paper for recycling in Europe reaches nearer to its practical maximum (see p.13). It is therefore likely that the current balance of recycled and virgin fibres will remain steady.

Some paper grades such as newsprint and packaging materials utilise up to 100% recycled fibre. However, due to high quality requirements, paper for recycling is not suitable for use in all paper grades, such as fine paper. Even though fine paper is seldom made from recycled fibres, it is itself an excellent and important source of raw material in the paper recycling process.

EURO-GRAPH, Paper and Environment Brochure

It is very difficult to directly compare recycled fibre with virgin fibre as both are fundamental to the paper making process.

Recycled paper can be used in some grades more than others. For example, newsprint is usually made with 100% recycled fibre. High grade graphical papers, however, have a lower utilisation rate, around 12%,⁴ but when recycled, inject the cycle with virgin fibres.

The paper making process really is a sustainable cycle. Recycled fibres are used as effectively as possible, whilst new fibres are constantly brought in to replenish and maintain the process.

Collecting paper for recycling, ensuring fibres remain available for remanufacture, is key to sustainability.

- When buying paper, whether recycled paper or virgin paper, ensure that it is made with wood from sustainably managed forests
- Virgin fibre grades are needed to continue the cycle
- Recycled fibres degrade after several uses



The Myth

Print and Paper
is a wasteful product

The Fact

Paper is one of the
most recycled products
in the world



The European recycling rate for paper reached 72% in 2015 - that amounts to 2 tonnes of paper being recycled every second!

CEPI, 2016

The European paper industry is a leading recycler and, with local collecting systems improving, will increase its recycling rates even further.

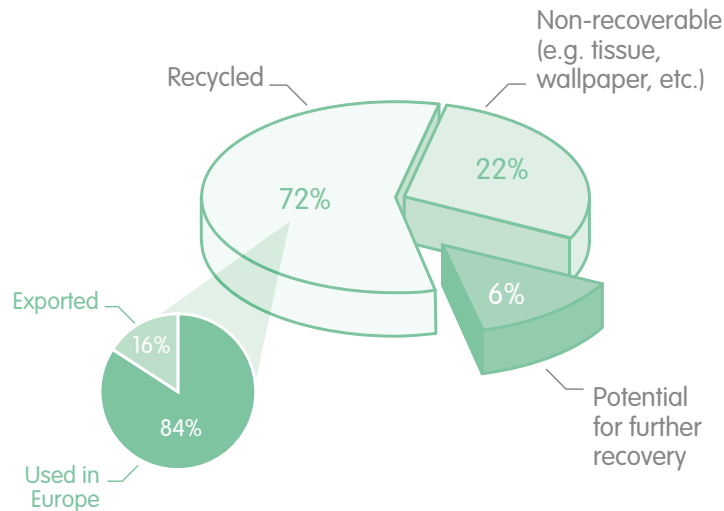
In some regions, recycling rates range from 70-75%, which is likely the practical maximum recycling rate. Some paper products cannot be recovered for recycling because they are kept for long periods of time (books) or archived (records); others are destroyed or contaminated when used (e.g. tissue and hygienic paper).⁵

“Two Sides members support the implementation of effective recycling schemes and the minimisation and eventual elimination, of print and paper waste in landfill.”

Two Sides Membership Charter, 2016

Paper is recycled, on average, 3.5 times a year in Europe, while over 50% of the raw material for Europe's paper industry is paper for recycling. Paper cannot be recycled indefinitely as fibres get too short and worn out to be useful in creating a new sheet of paper. More importantly, the production cannot be based on 100% recycled fibre as 100% of consumption cannot be collected and as Europe is also a global net exporter of paper which is consumed and collected outside of Europe. The cycle must therefore constantly be refilled with new fibres.²

Recovery of European Print and Paper waste products (CEPI statistics)



Two Sides encourages responsible paper consumption. Double-sided printing in the office and separate collection schemes will reduce costs and improve sustainability.

The Myth

Electronic communication is more environmentally friendly than paper-based communication

The Fact

Electronic communication also has environmental impacts



“Go Paperless”, “Go Green” and “Save Trees” are common messages seen these days as many organisations encourage their customers to switch to electronic transactions and communications. But are these appeals based on fact?



These sort of messages give the impression that electronic communication is more environmentally friendly than traditional, paper-based communication. But it is very difficult to make such a statement without considering the full lifetime of those different mediums.

As has been discussed throughout this booklet, paper is a uniquely renewable and sustainable product. The main raw material, wood, is grown and harvested in a carefully controlled and sustainable way - so sustainable, in fact, that European forests, where most of the raw material comes from, have grown by an area the size of Switzerland in just 10 years.⁶

The environmental impacts of our ever-increasing digital world cannot be ignored. The ICT industry accounts for approximately 2% of global emissions, on par with emissions from the global aviation sector.⁷

Businesses and individuals are increasingly using ‘cloud’ services. These mega data-centres store almost everything we do online; including our web searches, our social media posts and our online statements.

“If compared with the electricity demand of countries in the same year, the cloud would rank 6th in the world, with demand expected to increase 63% by 2020.”

Greenpeace, 2014

Each year, the electronic industry - one of the world's largest and fastest growing - generates up to 41 million tonnes of e-waste from goods such as computers and smart phones.

United Nations Environment Programme (UNEP), 2015



When it comes to communication, whether it's electronic or traditional mediums, consumers must be informed about the environmental impacts of those activities.

Two Sides advises businesses to be transparent about the carbon footprint of all their services.

Tackling Greenwash

In November 2015, a campaign by Two Sides found 240 of the world's largest organisations to be using greenwash statements in their marketing communications.

70% of those companies changed or removed these misleading messages as a direct result of intervention by Two Sides.⁸

It is important to mention that not all greenwashing is due to purposely misleading customers. Often it is down to genuine and common misconceptions about Print and Paper. It is Two Sides' role to educate both consumers and businesses alike.

The Myth

Digital is always
the preferred means of
communication

The Fact

Many consumers still
value paper-based
communication



Many organisations, banks, utilities, telecoms and governments are now increasingly going online or making charges if their customers wish to receive paper-based communication.

But switching to digital is not always welcome.

84% of consumers do not like it when companies take away their right to choose how they are communicated with.

Keep Me Posted UK, Opinium, 2013

Two Sides understand the value and convenience of the digital revolution but believe that citizens must continue to have a right to receive paper-based communications, particularly bills and statements, without penalties, supplementary charges or difficulty.

87% of consumers agree that the main reasons companies want to shift to electronic delivery, is to save money – not to be environmentally responsible.

Two Sides and Toluna, 2013

Independent findings from UK Opinium Research reveal that often the most vulnerable members of society are those most dependent on traditional, postal, transactional mail. The move to an online-only society risks leaving older people, the disabled, rural dwellers and those on low incomes disconnected.

“The access to basic banking services and traditional means of payment, such as cash payments or paper-based transactions, must become a universal right.”

Evelyn Gebhardt, MEP, European Foundation for Financial Inclusion, May 2013

- 19% of European households don't have access to the internet
- Only 18% of rural areas in the EU have 30 mbps broadband
- 43% of those connected to the internet said that speeds were insufficient.

Eurostat, 2014

European Commission, May 2013

Eurobarometer, Jan 2014



“60% of citizens would not choose a company which does not offer a paper bill.”

Keep Me Posted EU, 2014

It is important for policy makers to acknowledge that information on paper is preferred by many consumers and often receives more attention. Consumers wish to retain the flexibility of postal and electronic communications.

84% of people believe that they understand and can retain or use information much better when they read print on paper

Two Sides and Toluna, 2015

In reality we live in an increasingly digital world where electronic and paper-based communications coexist and are often complementary. Communication strategies must not only be cost effective but also recognise citizen choice. There are many tangible benefits that paper-based documentation can bring and its preference as a means of communication by many consumers must be at the forefront of any digital planning.

The Myth

Packaging is wasteful and unnecessary

The Fact

Paper-based packaging protects goods, reduces waste and is recyclable



Packaging reduces waste.
Recycling waste paper and
packaging responsibly reduces
litter and landfill.

Paper-based packaging can
be part of a solution against
global food wastage –
which amounts to as much
as 1.3 billion tonnes – one third
of food produced worldwide
for human consumption –
by minimising wastage and
food damage along the chain.

FAO, 2016

The primary function of packaging in all its
forms; plastics, tins, glass and paperboard
is to protect goods whilst in transit, storage
and distribution. It prevents waste through
breakage, spoilage and contamination, and
extends product shelf life. A secondary, but
important, purpose is to provide consumer
information about the product and help with
brand identity and differentiation. Minimizing
waste, particularly food, is a vital global
challenge.

Paper-based packaging protects and
informs, and comes in all shapes and
sizes – often commonly recognised as
Corrugated or Cartons.

Corrugated:

- is one of the largest sectors within the packaging industry
- accounts for almost 30% of all packaging used and remains the most commonly used packaging material.
- protects around 75% of the UK's packaged goods in transit.⁹

Cartons:

- carry vital consumer information; legal, nutritional, safety, etc.
- can carry addition features like Braille, RFID
- allow high quality imagery to enhance product appeal



Paper-based packaging.

- In the EU, more paper-based packaging is recycled than any other packaging material combined.¹⁰
- Efficient packaging reduces damage in transit to below 5%
- It prevents waste through breakage, spoilage and contamination, and extends product shelf life.
- Provides consumer information about the product and acts as a means of brand differentiation.



Paper-based packaging has an excellent environmental record. On average, UK manufactured corrugated boxes contain 76% recycled fibre. Once used, paper-based packaging is easy to recycle. In the UK and Europe, the collection of packaging is hugely successful with over 80% collected for recycling.¹¹ This superb recycling rate prevents an area of board the size of Greater London from going to landfill every four months.

Consumers prefer paperboard packaging. According to a recent survey,¹² 57% of UK consumers prefer paper-based packaging

From newspapers to magazines, from photocopies to leaflets, we believe Print and Paper cannot be beaten for sheer flexibility, impact and sustainability.

As you have read, there are two sides to paper and you should now feel confident about using it. Paper is made from renewable resources, recyclable and produced by an environmentally-conscious industry whose future depends on planting more trees than it consumes and which is progressively improving standards in the whole supply chain.

This booklet can only scratch the surface of all the issues surrounding the responsible use of paper, print and packaging.

To learn more about the production and consumption of paper and its impact upon the environment, go to the Two Sides website and discover the facts about our industry.

www.twosides.info

“Forestry, paper and packaging are among the most sustainable industries in existence.”

CEO Perspectives, PricewaterhouseCoopers

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