

My Plastic-Free Living Checklist!



Make a choice ~ Stop a habit ~ Make a change

Everyone can do something and we want to help you on that path. Put up a simple action checklist on your fridge and mark each new change you can incorporate into your life. Start slow. Don't get overwhelmed and keep at it. There will be days when you do have to take that one plastic bag or use disposable cutlery but refusing plastic will become a habit and it won't be long before carrying a few extra bits and pieces in your bag will be automatic.

This list is not everything you can do but it's a great place to start. What action will you take on today?

SHOPPING

- Carry a reusable bag
- Carry a reusable water bottle
- Shop at your local wet market
- Say NO to clear plastic produce bags
- Buy fresh bread wrapped in paper
- Bring your own food containers
- Say NO to free mini packs of tissues
- Say NO to plastic freebies



EATING OUT

- Carry reusable utensils
- Carry your own containers for takeout food
- For takeaway pizza, refuse the plastic 'table'
- Order an ice-cream in a cone not a cup
- Leave a plate, cup and utensils at the office
- Take lunch in reusable containers & bags
- Choose reusable cloth sandwich/ snack bags



AT HOME

- Choose glass/ stainless steel food containers
- Choose a stainless steel ice cube tray
- Use powdered dishwasher detergent in a box
- Clean with vinegar, baking soda & water
- Wash laundry with soap nuts
- Use stainless steel popsicle molds
- Make your own yogurt
- Make your own snacks
- Compost waste food



PARTIES

- Choose non-plastic toys
- Choose non-plastic party favours
- Choose paper party bags
- Throw a zero waste party
- Make your own Christmas crackers
- Have a real Christmas tree
- Start a tradition with an heirloom advent calendar



TRAVELLING

- Bring your reusable water bottle
- Bring your own snacks in reusable containers
- Bring your own utensils
- Bring your own headphone
- Bring your own personal care products



SEASONAL

- Find ways to wrap gifts without plastic tapes
- Request & give non-plastic gifts
- Bring your own drink container to parties
- Reuse Mid-Autumn festival glow sticks
- Make paper lanterns instead of using plastic ones



FIVE EASY ONES FOR ADULTS

- Carry a travel mug and a reusable water bottle
- Carry a reusable shopping bag
- Use your own container for takeaways
- Choose products with less packaging
- Support businesses that use less plastic



FIVE EASY ONES FOR KIDS

- When out ask for a glass not a plastic cup
- Say NO to plastic straws
- Refuse plastic bags for takeaway food
- Carry your own refillable water bottle
- Take a waste-free lunch to school

