



# PLASTIC FREE JULY

## - choices checklist -



### WHAT TO AVOID

### HOW TO AVOID IT

**YES**  
FILLING IT

Relying on Plastic Recycling

Avoid as much plastic packaging as you can

Microbeads

Minimise synthetic clothing washes, Don't buy personal care products containing microbeads

Bottled Cleaning Products

Refill when your bottles are empty

Food Packaging: Dry Goods

Buy from a bulk store refilling your reusable containers

Food Packaging: Meat / Fish

Minimise consumption, Shop at the deli/ butcher for paper wrapped cuts

Food: Produce

Opt for loose fruit and veg

Plastic Straws

Opt for a Reusable Straw, Refuse when you are out

Takeaway Coffee Cups

Use your own cup or relax and sit in

Takeaway Utensils & Containers

Bring your own reusables first and foremost, Support vendors that have home compostable options (bamboo and non plastic-lined card), Dine in

Bottled Water

Reusable water bottle, Refill from the tap

Bin Liners

Have a sealed container for 'wet' scraps, Compost or freeze until bin day, Line kitchen bin with paper

Pet Poop in Plastic Bags

Use cornstarch based compostable bag, Have a dedicated pet poop composting system at home

Milk Containers

DIY nut milk, Glass bottles

Plastic Food Wrap

Store food in container or jars, Use beeswax wraps

Litter

Cigarette butts are plastic so place in the landfill bin, Avoid releasing balloons, Pick up litter!

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Adapted from [plasticfreejuly.org](http://plasticfreejuly.org)

# Plastic Free Checklist

**Duncan Jenkins, Gus Lopez**

## Plastic Free Checklist:

**Consumer Price Index Revision Reference Checklists**, 1996      The Sustainable(ish) Living Guide Jen

Gale,2020-01-09 Easy do able down to earth ideas and suggestions for everyone to help save the planet If you want to save the planet but your to do list is already pretty long and remembering your re usable coffee cup feels like a Herculean task then this is the book for you Covering every aspect of our lives from the stuff we buy and the food we eat to how we travel work and celebrate this book provides stacks of practical down to earth ideas to slot into your daily life alongside a gentle kick up the butt to put your newfound knowledge into action Practical tips include unsubscribing from all the tempting emails that drop into your inbox with details of the newest clothing range or the latest sale and keeping a mug next to your kettle to work out how much water you actually need to boil each time as over filling kettles costs British households 68 million on energy bills each year Find out how to fit sustainable living into your life in a way that works for you Change your impact without radically changing your life and figure out the small steps you can make that will add up to make a big difference halo not included      Sustainability in the Hospitality Industry Willy Legrand,Joseph S. Chen,Gabriel C. M. Laeis,2022-07-29 This foundational textbook investigates the economic environmental and social sustainability issues facing the hospitality industry today and explores ideas solutions and strategies of how to manage operations in a sustainable way This updated fourth edition features new content including Research on nature based solutions and zero carbon approaches in facilities technologies for energy water and waste management changes in consumer behaviour and environmental and social impacts of food production A new chapter on employees diversity inclusion and well being in the industry A new chapter on the challenges of operating in the Global South More than 100 international industry case studies and focused info boxes New practical exercises discussion questions and research project ideas based on real life sustainability scenarios Accessible and comprehensive this book is essential reading for all students as well as current and future managers in the hospitality industry      *iPhone 17 Pro Max User Guide* Ben T. Carter,2026-01-11 Unlock the Full Power of Your iPhone 17 Pro Max Without the Confusion In this iPhone 17 Pro Max User Guide I strip away the jargon and confusion I replace complicated tech speak with simple illustrated step by step instructions that anyone can follow Whether you are unboxing your very first iPhone or upgrading from an older model this book is your roadmap to confidence Inside you will learn how to Easy Setup Data Transfer Move all your photos and contacts from your old phone in minutes Master the 48MP Camera Take stunning photos and videos of your grandkids and travels Apple Intelligence Guide Use the new AI features to write emails and summarize notes instantly Customize Action Button Set up shortcuts to your favorite apps with one press Boost Battery MagSafe Settings to make your phone last days not hours Large Text Zoom Display Adjust the screen so it is easy on your eyes Siri Voice Control Speak to your phone to set reminders call friends or play music Face ID Safety Features Keep your data secure and set up Emergency SOS for peace of mind FaceTime Family Sharing Stay close to loved ones with crystal

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