



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

Plastic Free Checklist

**Willy Legrand, Joseph S. Chen, Gabriel
C. M. Laeis**

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 [Sustainable Event Management](#) Meegan Jones,2017-12-06 Across the world each year events of every shape and size are held from community events school fairs and local business functions through to the world s largest festivals music events conferences and sporting events As well as causing celebration and giving voice to issues these public parties use up resources send out emissions and generate mountains of waste Events also have the power to show sustainability in action and every sustainably produced event can inspire and motivate others to action Written by a leader in event sustainability management this book is a practical step by step guide taking readers through the key aspects of how to identify evaluate and manage event sustainability issues and impacts and to use the event for good it s for events of any style and scale anywhere in the world Now in its third edition this is the indispensable one stop guide for event professionals and event management students who want to adjust their thinking and planning decisions towards sustainability and who need a powerful easy to use collection of tools to deliver events sustainably **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 clear video calls Emergency SOS Medical ID Critical setup that could save your life in an emergency Who is this book for Seniors who want a manual with large clear text and no tech slang Beginners who want to master the basics quickly Switchers moving from Android who need to learn the Apple way Stop guessing and start mastering Don t let your new iPhone 17 Pro Max become a source of frustration Turn it into the helpful powerful tool it was meant to be Grab Your Copy Now and become an iPhone 17 Pro Max Master today **Sport Americana Alphabetical Baseball Card Checklist** James Beckett,1983-10 *Performance Checklists for Sorensen and Luckmann's Basic Nursing* Verolyn Barnes Bolander,1994-06 **Popular Mechanics** ,1987-02 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle *Building Contractor's Checklists and Forms* Sidney M. Levy,2005 This comprehensive checklist and forms book will improve building contractors on site business management techniques and organizational skills *Trailer Life* ,1976 Checklists for Management, Engineering, Manufacturing, and Product Assurance W. B. Rossnagel,1971 Soap, Cosmetics, Chemical Specialties ,1976 **What's New in Home Economics** ,1952 Includes buyers guide *Package Engineering* ,1979 **Solid Wastes Management/Refuse Removal Journal** ,1974 Industrial Design of Plastics Products M. Joseph Gordon,2003 Table of contents *Washington Science Trends* ,1972 *Flying* ,1994 **W Inging it** ,1993 Gus and Duncan's Comprehensive Guide to Star Wars Collectibles Duncan Jenkins,Gus Lopez,2008-11

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and produce functional eggs during her lifetime. Menstrual Cycle Graphing - Lab #12 Purpose: The purpose of this laboratory experience is: to examine the events of the human menstrual cycle with regard to hormone levels, ovarian function, and ... Menstrual Cycle Lab Flashcards Study with Quizlet and memorize flashcards containing terms like What gland secretes FSH (follicle-stimulating hormone)?, On what day does the FSH reach its ... LAB _____. STAGES OF THE HUMAN MENSTRUAL CYCLE When a human female is born, her ovaries already contain all the immature eggs that will later mature and produce functional eggs during her lifetime. Menstrual cycle lab and graphs Menstrual cycle lab and graphs. Ch 36. Menstrual cycle (ovulation). The Menstrual Cycle; About every 28 days, some blood and other products of the ... Follicle-Stimulating Hormone (FSH) Levels Test by FSHFSHL Test — This test measures the level of follicle-stimulating hormone (FSH) in your blood. FSH affects sexual development in children and fertility ... Top Labs To Run Bi-Annually On Your Irregular Menstrual ... Aug 7, 2023 — Lab tests like anti-Müllerian hormone (AMH) and follicle-stimulating hormone (FSH) levels provide a comprehensive overview of ovarian function.