



# 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!



# Plastic Free Checklist

**Hongru Du**



**Plastic Free Checklist:**

## **Plastic Free Checklist** Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Plastic Free Checklist**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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