CaliWoods

PLASTIC FREE JULY
- choices checklist -

WHAT TO AVOID	HOW TO AVOID IT	YES I'LL DO 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!	○

Adapted from plasticfreejuly.org

Plastic Free Checklist

AW Rasmussen

Plastic Free Checklist:

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