



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

M Planty



Plastic Free Checklist:

Enjoying the Melody of Term: An Mental Symphony within **Plastic Free Checklist**

In a global used by monitors and the ceaseless chatter of quick conversation, the melodic splendor and mental symphony developed by the prepared word usually disappear in to the background, eclipsed by the constant noise and distractions that permeate our lives. However, located within the pages of **Plastic Free Checklist** a marvelous literary treasure overflowing with fresh emotions, lies an immersive symphony waiting to be embraced. Crafted by a wonderful musician of language, that captivating masterpiece conducts viewers on an emotional trip, skillfully unraveling the hidden tunes and profound affect resonating within each cautiously constructed phrase. Within the depths of the emotional analysis, we will investigate the book is key harmonies, analyze their enthralling writing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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