

Plastic Free Checklist

Deciding to go plastic free doesn't have to be

difficult. Take it one step at a time and make small, gradual changes. Use the following checklist to help you take action and make changes that will make a difference to your home and the planet. Tick off each item as you implement it in your life.

Avoiding Plastic on the Go	
	1. Carry a reusable water bottle
	2. Get a reusable coffee cup
	3. Pick up a set of reusable cutlery
	4. Stash some reusable straws
	5. Take a lunch box or reusable container
	6. Bring your own napkins
	7. Keep condiments in your desk drawer / fridge
	8. Pick up some reusable chopsticks
	9. Carry a reusable shopping bag
	10. Carry reusable pots of dried fruit, fresh fruit, nuts and seeds
	11. Pack a lunch
	12. Avoid chewing gum
	13. Buy drinks in a can
	14. Choose ice cream in a cone, not a cup
	15. Carry a collapsible wine glass
	16. Pack tissues from a box
Avoiding Plastic When Travelling	
	17. Don't forget to fill your water bottle
	18. Don't pinch the free toiletries

	19. Make room for reusable plates and cutlery
	20. Learn the language
Reducing Plastic in the Kitchen	
Food Shopping to Reduce Plastic	
	21. Buy loose produce
	22. Avoid frozen food
	23. Use a veg box scheme
	24. Shop at Farmers' markets
	25. Visit your local deli
	26. Find a bakery you love
	27. Hunt down a local butcher
	28. Buy in bulk
	29. Buy loose bakery items
	30. Look for plastic free aisles
	31. Try zero waste shopping
	32. Avoid plastic on multipacks
	33. Stay away from pre-prepared
	34. Watch out for black plastic
	35. Scrutinise your wine
	36. Buy jars
	37. Watch out for plastic lining
	38. Choose tins over plastic
	39. Buy vitamins in glass
Eating, Free From Plastic	
	40. Grow your own herbs

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41. Grow your own salad	
42. Grow your own veg	
43. Utilise fruit trees	
44. Make your own cereal	
45. Dig out the teapot	
46. Ditch the coffee pods	
47. Upgrade your coffee	
48. Get juicing	
49. Eat out more	
50. Say no to condiments	
51. Ask for a doggy bag	
52. Go easy on the meal kits	
53. Rediscover the milkman	
54. Choose water filters carefully	
55. Invest in a sodastream	
56. Sustainable bbqing	
57. Disposable cutlery	
Reduce Plastic When Cooking	
58. Chopping boards	
59. Cooking utensils	
60. Knives	
61. Cutlery	
62. Children's dishware	
63. Matches	
64. Pots and frying pans	

65. Buy second hand	
Avoid Plastic When Storing Food	
66. Replace cling film	
67. Tin foil	
68. Reuse jars	
69. Watch out for plastic seals	
70. Replace ziploc bags	
71. Decorative Tableware	
Reducing Plastic in Your Cleaning Cupboard	
72. Cleaning sponges	
73. Pot scrubbers	
74. Scrubbing brushes	
75. DIY cleaning products	
76. Cleaning refills	
77. Washing powder	
78. Soap nuts	
79. Microfibres	
80. Air freshener	
81. Bin bags	
82. Recycling	
83. Washing up gloves	
84. Magazines	
Reducing Plastic in the Bathroom	
85. Soap	
86. Shampoo & conditioner	

87. Toothpaste
88. Toothbrushes
89. Mouthwash
90. Dental floss
91. Cotton buds
92. Razors
93. Shaving cream
94. Shaving alternatives
95. Deodorant
96. Lip balm
97. Moisturiser
98. Make-up remover & cotton balls
99. Hair & face products
100. Scrubs
101. Wet wipes
102. Brushes & combs
103. Toilet paper
104. Sanitary Products

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