

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

From [EcoAndBeyond.co](https://www.ecoandbeyond.co) (not .com!)

<https://www.ecoandbeyond.co/wp-content/uploads/2019/09/Plastic-Free-Checklist.pdf>

	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

From EcoAndBeyond.co (not .com!)

<https://www.ecoandbeyond.co/wp-content/uploads/2019/09/Plastic-Free-Checklist.pdf>

