

# My Challenge Choices (Getting started)

PLASTIC FREE JULY



WHAT TO AVOID

HOW TO AVOID IT

YOUR IMPACT  
Ocean/Landfill/Global warming

YES, I'LL DO THIS

Fill the yellow bin with plastics for 'recycling'	Avoid as much plastic packaging as you can		<input type="checkbox"/>
Pre-packed fruit and veg	Choose loose products (skip the little plastic bag or put in a reusable bag)		<input type="checkbox"/>
Lightweight plastic bags	Remember your reusable shopping bags or use a cardboard box		<input type="checkbox"/>
Personal care products containing plastic microbeads	Check the products you buy for microbeads (polyethylene, polypropylene, nylon) visit <a href="http://beatthemicrobead.org">beatthemicrobead.org</a>		<input type="checkbox"/>
Bottled cleaning products	Opt for refills, bulk store products or make your own alternatives. Choose glass or cardboard packaging		<input type="checkbox"/>
Bagged dry foods	Buy from a bulk store (fill your reusable container) or opt for cardboard boxed product		<input type="checkbox"/>
Pre-packed meat or fish	Shop at the deli counter or butcher or fishmonger for paper wrapped cuts or BYO reusable container		<input type="checkbox"/>
Takeaway drink straws	Refuse plastic straws (or opt for a paper straw if they have them). BYO reusable straw		<input type="checkbox"/>
Takeaway coffee cups	Bring your reusable cup or sit and enjoy a real cup		<input type="checkbox"/>
Takeaway utensils and containers	Support vendors offering compostable alternatives (bamboo or card), BYO reusables or sit and enjoy 'dine-in'		<input type="checkbox"/>
Bottled water	Fill a reusable bottle from the tap		<input type="checkbox"/>
Bottled soft drinks	Reduce the amount (helps your health), or make your own with a sodastream or choose glass bottles (and recycle)		<input type="checkbox"/>
Bin liners (or 'reusing' plastic shopping bags)	Have a sealed container for 'wet' scraps and compost or freeze until bin day. Line the kitchen bin with paper		<input type="checkbox"/>
Scooping your pet poo in plastic bags	Buy cornstarch based compostable bags online or at a pet suppliers or consider a dedicated pet poo composting system at home		<input type="checkbox"/>
Milk containers (plastic)	Choose waxed card or glass bottled brands (depending on your local glass recycling). Make your own nutmilk		<input type="checkbox"/>
Plastic food wrap for leftovers and sandwiches	Use a reusable lunch box to store food, store food in containers or use beeswax wraps		<input type="checkbox"/>
Littering: cigarette butts, balloons	Dispose of cigarette butts in the bin (they are plastic and wash into the ocean environment) Avoid releasing balloons (what goes up, must come down)		<input type="checkbox"/>
Ignoring other people's litter	Pick up that plastic bag blowing in the street, empty food containers, straws etc.		<input type="checkbox"/>

Avoid landfill waste

Reduce your eco-footprint

PLASTICFREEJULY.ORG



Protect the ocean

