



Tips to reduce your use of disposable plastic!

THINK RE-USABLE - NOT DISPOSABLE!

The easiest things to avoid are the single-use, disposable **BAGS, BOTTLES AND CUPS**. Yes, most disposable coffee cups are **LINED WITH PLASTIC**! Some cafes give a discount if you bring your re-usable cup. You can also save a fortune by drinking water from a non-plastic re-usable drink bottle and always have a bunch of re-usable shopping bags in the car and by the front door - **EEEZY-PEEZY!**

UNNECESSARY PACKAGING

Avoid buying unnecessarily packaged products like fruit and vegetables. Buy the **LOOSE** produce and put it in your funky, re-usable produce bag (available from ONYA).

TRY SHOPPING AT BULK FOOD STORES

Take your glass containers along, fill up with all kinds of food and other household products and save money. It's important to support local businesses that value our environment.

THE GARBAGE BIN

Avoid using plastic bin-liners! These are causing havoc in council waste streams and costing **YOU** big \$\$\$! A sensible combination of composting and rubbish sorting will vastly reduce the need for a bin liner as well as your garbage output. If you live in a flat, get a **Bokashi Bin** and use the juice on your indoor herb garden! Line your bin with newspaper.

TAKEAWAY FOOD

Many restaurants now allow you to bring your own container to avoid the plastic ones. Check out trashlesstakeaway.com.au to find friendly restaurants or register new ones!

IN THE KITCHEN

Wrapping your melon, lettuce and other veggies in a wet cloth or tea towel works better and is far healthier than clingfilm. Buy (or make) some beeswax wraps which can be used for sandwiches, cheeses and many other items. These can be washed and re-used.

IN THE BATHROOM

Use bar soap instead of liquid soap and even bar shampoo instead of bottled shampoo! Buy a bamboo or wooden toothbrush and if you ask Mr Google, he'll show you how to make your own toothpaste!

SAY NO TO PLASTIC STRAWS AND CUTLERY

Buy metal straws for you and your family members and bamboo or wooden cutlery sets are ideal for picnics and barbys! These are all readily available online or in health food stores.

GET TIPS FROM PEOPLE WHO ARE LEADING THE CHARGE

Sarah - www.wanderlightly.com and Erin - therogueginger.com

