

Easy peasy



- Start using reusable pods for your morning coffee or start using a coffee maker or plunger (1)
- Buy toothbrushes that are made of bamboo (2)
- Give shampoo and conditioner bars, as well as soap bars and shaving soap a go (3)
- Choose cans or jars over plastic
- Stop buying bottled water in plastic bottles and buy yourself a nice reusable drinking bottle (makes a great buddy too!) (4)
- Get some steel pegs to hang up your washing and buy washing powder in a cardboard box instead of a plastic container (5)
- Buy your toilet paper from Who Gives A Crap (6)
- Say no to single-use plastic by bringing your own containers/ cutlery to take-away venues or pack your own lunch this month (7)

A little more challenging



- Buy or make some reusable produce bags and remember to bring them to the shop every time you go shopping by putting them into your other shopping bags (9)
- Remember to bring your own bags to the supermarket and refuse buying single use plastic bags (10)
- Refuse when offered a plastic straw, instead ask your friends to buy you some nice reusable ones on Friendship Day (11)
- Try buying milk in glass bottles or cardboard containers
- Buy fish and meat from the market/ butcher and take your own containers (remember to clean them properly!)
- Buy fresh bread which is not wrapped in plastic or start baking your own from scratch or with the help of a bread mix from the supermarket

If it does not hurt, you ain't doing it right



- Buy fruit and veggies free from plastic through i.e. Open Food Network Australia
- Stop using plastic bin liners and either use newspaper instead or quickly wash out your bin every time you take it out to meet its big buddy
- Grow your own food (12)
- Make food from scratch and buy in bulk (13)
- Get some menstruation panties (14) or try a menstruation cup (15)
- Write to the companies of your favourite food and let them know that you have stopped buying their product because of their plastic packaging (16)
- Send your eBay/ Gumtree sales with eco packaging (17)
- Inspire others to join the Plastic Free July challenge
- Join one of the many waste recycling programs of TerraCycle with your own business/ your work or school and address one of the current plastic waste problems in an appropriate manner