

# HOW TO MASTER PLASTIC FREE JULY

Living a plastic free life can seem very complex or unimaginable considering the huge number of things around us made of plastic. Plastic Free July was born in Australia, and its main goal was to challenge people to not use any single-use plastics during the month in the hopes of helping them form sustainable habits beyond just July.

## PLAN AHEAD OF TIME



Plan your shopping in advance to ensure you buy what you need in and the right amounts. Make sure to store many reusable bags where they are accessible eg handbag, car and work.



Plan your meals ahead of time to ensure you carry your reusable cutlery and packed meals in reusable containers. You can also prepare bulk snacks at home to avoid packaging.

## INTENTIONAL SHOPPING



Buy in bulk and at local farmer's markets to reduce packaging waste. Remember to bring your reusable bag or containers for cereals and loose grain.



Opt for reusable containers while buying bottled goods. For example, glass or stainless steel containers are easily reusable for different uses.

## REFUSE, REUSE, RECYCLE



Say no to unnecessary single use plastics such as straws, cutlery, cling wrap and bottles. Instead opt for reusable straws, bottles and storage containers and compostable bags.



Reuse or up-cycle glass and stainless steel containers as storage, vases, planters, lunchboxes, cups and as unique DIY decor. Buy used items where possible e.g. glass jars.

## INTENTIONAL LIVING



Change up your personal care routine by incorporating natural home-made cosmetics such as toners, moisturizers, deodorant, stainless steel razors or package free shampoos and soaps. You could also opt to buy products in bulk such as detergents, shampoos and oils. For the ladies; reusable sanitary towels and menstrual cups are available.

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