

Plastic Free July Challenge

1 Sign the plastic free July pledge

2 Use tin foil, not cling wrap



5 Use a cloth instead of a papertowel

6 Buy in bulk at the store

7 Switch to paperless billing

8 Bring a reusable coffee mug

9 Bring your own containers to the store

10 Invest in beeswax storage wraps

11 Reuse containers for leftovers



13 Make your own cleaning products

14 Buy snacks without plastic wrap

15 Try bar soap instead of bottled soap

16 Refuse plastic cutlery



18 Buy drinks in glass bottles when possible

19 Use bio-degradable dog poo bags

20 Compost food waste

21 Stay away from styrofoam

22 Make a T shirt into a shopping bag



24 Keep your laundry routine plastic free

25 Visit the farmers' market

26 Bring containers BACK to the farmers' market



28 Challenge yourself with plastic free pet care

29 Use a hankie instead of kleenex

30 Avoid the worst types of plastic (#'s 3 6 and 7)



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