

20 EASY STEPS TO REDUCE PLASTIC USAGE IN YOUR HOME

Or how to easily ditch single use plastic and fight the War on Waste



Are you getting frustrated by incessant plastic packaging?

Are you tired of wrapping your fruit and veg in pointless plastic?

Do you long to find easy, simple and affordable ways to improve your environmental foot print?

I've created this checklist because I wanted to help people just like you (and me) reduce my own plastic waste, and help my family get involved too.

It's packed with doable, straight forward tips and tricks to help you feel better about your contribution to the war on waste.

I hope you love it,

Celeste

Natural Supply Co-Founder

AT MEAL
TIMES

- When you get takeaway, order at the shop and take your own containers with you, avoiding the need for the usual single-use plastic packaging
- If you (or your kids) like drinking with a straw, choose a reusable metal, glass, bamboo or silicone option that can be used over and over again
- Instead of using wet wipes to clean your little one's face after meals, use a face washer or reusable paper towel



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AT HOME

- Collect the soft plastics that are brought in to your house, to be recycled (think cereal packets, chip packets, bread bags etc)
- Decant bulk food items (such as flours, sugars, grains, lentils, pasta, dried fruits, nuts etc) into jars. Once they are emptied, you can take them to your local bulk food store to refill directly into the container
- Hold on to your empty olive oil, maple syrup and tamari bottles, and honey, tahini and peanut butter jars: you can refill these at your bulk food store, too
- When you've used up your single-use lock bags, replace them with reusable silicone ones, that can be washed and used over and over and over
- Swap plastic-wrapped toilet paper for Who Give A Crap: it's packed in paper and also helps bring clean water and toilets to third world countries
- When your dish cloth needs replacing, swap it for a compostable alternative
- Buy reusable wrap which can be used as cling film, baking paper and aluminium foil
- Swap your plastic toothbrush for a bamboo one, which can be composted at its end of life
- Start composting: kids love seeing the worms in the compost bin and helping spread the compost over the garden! Reducing food scraps from being sent to landfill is a huge way of cutting down waste



TIP Composting:

All fruit and veggie scraps, vegetarian leftovers and egg shells can go in your compost. Avoid meat!

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AT THE SHOPS

- Remember to put your reusable shopping bags back in your car after unpacking your groceries
- Pop your reusable produce bags back inside your shopping bags, so you can keep your loose fruit and veggies together without plastic
- Take your soft plastics back to the big plastic bins at your supermarket to be recycled (this program is called RedCycle)
- Bring your own containers to the butcher, and ask for your meat to be packaged directly in them
- Take your bread bag to your favourite bakery, and ask them to slice your loaf directly into your reusable bread bag

TIP



Remembering:

Move your reusable shopping bags to the front door as soon as you've unpacked them, so you're reminded to take them back to your car the next you go out the door.

ON THE GO

- Don't forget your reusable cup when you're heading out the door. You never know when the temptation for a cup of coffee or tea will strike!
- Take your refillable water bottle with you wherever you go, avoiding the need to buy bottled water when you're out and about
- Bring reusable bamboo cutlery with you if you're planning on eating out at a food court, so you can say 'no thanks' to plastic options



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Changing habits can be a bit overwhelming, but I hope this checklist helps you to identify new ways you can help to reduce waste and plastic usage – and gives you a virtual pat on the back for any steps that you're already implementing!

Remember, we are seeking **progress** and not **perfection** here. We don't need a few people doing the zero waste thing perfectly; we need a whole bunch of us, doing it imperfectly.

If there's someone else you think might find this to be useful, please share it and spread the word.

Celeste

Natural Supply Co-Founder

**SPECIAL
OFFER**

To help you stock up on eco-friendly, sustainable and plastic-free goodies, we're offering 10% off our range of zero waste products with code **ECOWARRIOR**

Head to naturalsupplyco.com to take advantage of this special offer!

T&Cs: Not valid with any other offer. One use per customer.