

who  
gives a  
crap

# Plastic Free Challenge!



## Who are Brenda & James?

Hi there! We oversee everything that happens in our factories and warehouses. Our teams have been busting their bums to get rid of plastic. We feel like a couple of proud mums!

## What's the plastic free challenge?

Inspired by Plastic Free July, we decided to take on a company wide challenge to get rid of plastic in our supply chain. Now, as we move along our plastic free journey, we're hoping you'll join us in this challenge. We still have some work to do, but we're proud of the

progress we've made. Now, as we continue on our journey towards eliminating plastic, we're hoping you'll join us in this challenge! Why? Well, if we can commit as a company to take on the plastic beast, we know you can do it too.

We created this month long challenge to help get you started and totally tackle going plastic free. Share the challenge to inspire your friends! Tag @whogivesacraptp and we could give you a shout out.

**Let's do this!**

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# How do I get started?

Did we catch you mid head scratch? No worries, we have simple instructions to make your challenge not as, well, challenging.

1. **Commit to 4 weeks, but start any time**
2. **Make **at least** one swap each week**
3. **If you're feeling like a plastic free pro, challenge yourself to multiple swaps**
4. **Share your success and inspire your friends**



Share your journey:

**@whogivesacrapTP**  
**#whogivesacrap**  
**#plasticfreejuly**

Ready to become a plastic free champion? Let's start with week 1!

## Week One

# Bathroom

There are countless ways to go plastic free in your bathroom. From chewable toothpaste tablets and shampoo bars, to refillable containers and even making your own products! It's one of the best places to start your swaps – here are some of our favourites.



## Make a swap:

- Recycled toilet paper**  
just say no to plastic wrapped TP
- Deodorant**  
go natural with a refillable container
- Shampoo bar**  
ditch the bottle and lather up
- Shaving razor**  
invest in metal, it's a closer shave
- Bamboo toothbrush**  
better for the planet and just as strong as plastic
- Dental floss**  
try organic wax in a glass container
- Toothpaste bits**  
no plastic tube, just bite and brush
- Body wash**  
try bubble bars and bath bombs
- Hair brush**  
swap to a bamboo or cork alternative

## Week Two

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# Kitchen

Food often comes in single use plastic, which means it can easily make its way into your kitchen – yikes! Compare the items in your cooking corner to the ones we have listed out below and see how many contain plastic.



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## Make a swap!

- Shopping tote**  
keep them in your car or bag to cut down on plastic
- Food wrap**  
go for organic wax wraps
- Dish brush**  
go for natural bristles & a bamboo handle
- Mason jar**  
perfect for on-the-go eats or food storage
- Paper towels**  
switch to ones (\*hint) that aren't wrapped in plastic
- Multi-purpose spray**  
choose refills or even try making your own
- Napkins**  
try cute, cloth and reusable
- Snack bags**  
reusable silicone bags will do the trick
- Storage containers**  
pick metal or glass for bulk foods

## Week Three

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# Home

There are lots of things you can use around the home that don't require plastic! Just like hide-and-seek, the more you look, the more opportunities you'll find to switch to plastic free.



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## Make a swap!

- Wool dryer balls**  
if you must use the dryer, try these out
- Children's toys**  
borrow from the library or plan a swap with friends
- Mesh produce bags**  
stop putting your produce in plastic bags
- Laundry detergent**  
try soapberries or refillable detergent pods
- Tissues**  
we've said bye to plastic in ours
- Loose leaf tea**  
an excuse to buy that flamingo tea steeper
- Loofah**  
grow your own! It's a natural household scrubber
- Plant pots**  
upcycle your empty loo roll tubes for seedlings
- All natural pet toys**  
pick up organic canvas, natural rubber or rope

## Week Four

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# Lifestyle

Start looking at different ways, big or small, to choose plastic free in your day to day. You'll be the talk of the town with your 100% compostable phone case, or start a movement at the local coffee shop by bringing in your reusable (and way cooler) takeaway cup!



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## Make a swap!

- Mobile phone cover**  
find one that composts (yes, really!)
- Reusable straw**  
metal or bamboo, the choice is yours
- Reusable water bottle**  
metal keeps stuff cold AF
- Menstrual cup**  
you save up to 10 years worth of plastic
- Travel utensils**  
a must for a plastic free picnic
- Reusable coffee mug**  
takeaway cups are out, BYO is in
- Sustainable adult toys**  
try glass, wood or rechargeable (seriously!)
- Bento lunch box**  
food tastes better in cute reusable boxes
- Pet waste bags**  
look for compostable, not biodegradable

# You did it!



PS – Mama Earth asks that you avoid printing the challenge and share digitally!