



WEEK 1

Plastic Free Kitchen

1. Shop with the intention to avoid plastic
2. Cook & store food without single-use plastic
3. Eat & drink out without single-use plastic
4. Compost kitchen scraps and eliminate bin liner
5. Educate yourself on how to recycle right. Start collections for Yellow-top bin, REDcycle, bread tags, and bottle tops

See this week's corresponding blog post for tips on how to achieve these

PLASTIC FREE KITCHEN SWAPS

Tick or cross them off as you go

Reusable shopping bag

Reusable produce bags

Save & reuse glass jars

Wax wraps

Reusable baking paper

Compostable scourer / wash cloth

Reusable water bottle

Reusable coffee cup

Plastic free lunch box

Bamboo travel cutlery

Reusable straws

Reusable bread bag

Reusable tea bag/coffee pods

www.urbanrevolution.com.au
(08) 6102 1968

284 Albany Hwy
Victoria Park WA 6100

