



# Choices checklist

- EASY SWAPS FOR LESS WASTE -



WHAT TO AVOID	HOW TO AVOID IT	YES I'LL DO IT
Bin Liners	Have a sealed container for 'wet' scraps, Compost or freeze until bin day, Line kitchen bin with paper	<input type="checkbox"/>
Microbeads	Avoid these personal care products	<input type="checkbox"/>
Laundry Microplastics	Purchase natural fabrics, Avoid washing synthetic fabric frequently or spot wash, Use Cora Ball and Microplastic wash bag	<input type="checkbox"/>
Bottled Cleaning Products	Refill when your bottles are empty	<input type="checkbox"/>
Food Packaging: Dry Goods	Buy from a bulk store refilling your reusable containers	<input type="checkbox"/>
Food Packaging: Meat/ Fish	Minimise consumption, Shop at the deli/ butcher for paper wrapped cuts	<input type="checkbox"/>
Food: Produce	Opt for unpackaged fruit and veg, Fill reusable fabric bags	<input type="checkbox"/>
Plastic Straws	Opt for a Reusable Straw, Refuse when you are out	<input type="checkbox"/>
Takeaway Coffee Cups	Use your own cup or relax and sit in	<input type="checkbox"/>
Takeaway Utensils & Containers	Bring your own reusables first and foremost, Support vendors that have home compostable options (bamboo and non plastic-lined card), Dine in	<input type="checkbox"/>
Bottled Water	Reusable water bottle, Refill from the tap	<input type="checkbox"/>
Balloons, Glitter, Confetti, Glow Sticks	Replace with paper lanterns and buntings, flower petals, reusable lights	<input type="checkbox"/>
Pet Poop in Plastic Bags	Use cornstarch based compostable bag, Have a dedicated pet poop composting system at home	<input type="checkbox"/>
Milk Containers	DIY nut milk, Local Milk in Returnable Bottles where available, Buy in Glass Bottles	<input type="checkbox"/>
Tea Bags	Use Loose Leaf Tea	<input type="checkbox"/>
Plastic Food Wrap	Store food in container or jars, Use beeswax wraps	<input type="checkbox"/>
Bathroom Plastics	Use Shampoo and Conditioner Bars, Bar soap or refill existing bottles	<input type="checkbox"/>
Litter	Cigarette butts are plastic so place in the landfill bin, Avoid releasing balloons, Pick up litter!	<input type="checkbox"/>