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Most importantly explore, research, communicate and have fun!

Remember, going plastic-free can be hard work and take a lot of time, so take it as slow as you want and be proud of every swap you can make. Believe us, it gets addictive!



Let's Fix Our Future

Take the SUSTAINABLE SEVEN Challenge

1. Reject all plastic straws
2. Sign up for a beach clean or litter pick
3. Sign a sustainable petition
4. Make five plastic-free swaps
5. Make your next 3 meals vegetarian
6. Buy local for your next shop
7. Challenge a friend



Try some delicious DIY

An easy way of avoiding plastic is to make things yourself. Here is a list to try:

- **Grow herbs and greens**
- **Make yoghurt in a thermos** (super easy – lots of recipes online)
- **Bake** biscuits, cakes, crackers, snacks, breadsticks etc.
- **Make hummus and dips**
- **Make your own trail mix** from bulk nuts and fruit
- **Make your own cereal or granola**
- **Make your own glue** (not quite delicious but very effective - just mix flour and water!)
- **Make your own bathbombs** (great to keep and to give as gifts)



Devotion to Ocean

Plastic-free in practice

The weekly shop:

Okay, let's start with a generalised shopping list and how to get each thing without plastic:

- **Meat and fish** - take containers to butchers/ fishmongers and ask them to fill them
- **Vegetables** - only buy loose and take your own produce bags/pillowcases.
- **Fruit** - again, loose in your own bags, or a container for berries
- **Bread** - buy fresh bread in your cotton bag
- **Quiches/pies/cheese/dips/olives/charcuterie** - take containers to a deli - they are often happy to fill them
- **Juice** - juice your own, ask a milk delivery person or find it in glass bottles in delis and other shops
- **Sugar** - buy it in paper. You can then add molasses to get brown sugar/demerara (look up online)
- **Milk** - try and find a local delivery. Alternatively, make your own nut or oat milk to be even more eco-friendly.
- **Tea** - buy loose leaf, not tea bags (most contain plastic)
- **Grains, pasta cereal, baking goods, pulses, legumes, nuts, seeds, dried fruits, herbs and spices** - try and find your nearest zero waste bulk store. Remember to take plenty of containers with you.

Take-away and habits:

1. **Leave a couple of bags, some reusable cutlery and a couple of containers in the car** for emergency situations
2. **Never leave home without a reusable coffee cup**
3. **Always bring a reusable water bottle!** Download the refill app to see where you can top it up during the day
4. **Make your own lunch, or take your own containers to a deli or takeaway.** They will often give you a discount if you bring your own as it saves them money too.



Toiletries and home products:

- **Toilet paper** - visit whogivesacrap.org. Choose from bamboo or recycled, 50% of products go to build toilets for those in need
- **Shampoo and conditioner** - try solid bars or if you want to go natural, try the 'no poo' method (see online)
- **Deodorant** - cardboard tubes are now available online and in shops - or make your own from bicarb of soda (recipes online)
- **Toothpaste, floss and toothbrushes** - loads of options are out there including natural toothpaste, silk floss and bamboo toothbrushes. Look for a supplier of Dentabs - fluoride toothpaste in tablet form.
- **Tissues** - use handkerchiefs or whogivesacrap.org
- **Sanitary products** - try a menstrual cup or washable pads. At the very least, buy plastic-free. Never flush sanitary products - so many contain plastic
- **Suncream** - 'Shade' is a natural and inexpensive option which comes in a tin
- **Razors** - get a metal reusable safety razor and a solid bar of shaving soap
- **Make up** - try Inglot's eco freedom system palette. Made of bamboo, you can fill it up with your desired products and refill. Lush also do solid foundation online and sell powder in a returnable pot.
- **Face wipes and nappies** - these contain plastic (never flush!) switch to washable make up pads and nappies
- **Cotton buds** - switch to bamboo

Containers:

- If you have Tupperware, use but be aware that hot water may cause chemicals to leach from them
- Stainless steel containers are available but can be expensive
- Rice husk and bamboo containers are an alternative
- Repurpose jars, old glass and plastic bottles and containers as you use them



The surprising and miscellaneous:

- **Clothing** - Synthetic clothes release microfibres when washed, which contribute to ocean plastic. The solution to this is to wash them on a low temperature, buy natural clothing or use a Guppyfriend washing bag or a Cora ball which can be bought online.
- **Plastic-free stationery** can be found at the Little Green Shop
- **Cork yoga mats, paper tape, cork handbags, bamboo sunglasses, underwear and watches** can all be purchased. But ultimately, the aim is to buy only what you need and waste as little as possible, so only look into buying a plastic-free alternative if an item has got to the end of its life.
- **Charity shops and freecycle** are a great source of reused goods
- **Be inventive and always assume that every item has an eco-friendly twin.** There may be some sacrifices but becoming plastic-free is not really limiting and will help you to become healthier, more ethical and more natural too.

Beyond your home:

- **Educate** your friends and family on what you are doing and share this link to help them
- **Participate** in or organise local beach cleans and litter picks
- **Watch** the film, *A Plastic Ocean* and share that too
- **Campaign** for change in your workplace, town or local shops. Even a friendly word to a shop owner can go a long way
- **Sign or start a petition** to pressure the government and businesses to make change too
- **Go online** and interact with social media such as Another Way and Devotion to Ocean. These are a good source of information and opportunities for discussion. Learn more at another-way.org.uk