

My challenge choices

GETTING STARTED

CHOOSE TO REFUSE
SINGLE-USE PLASTIC
PLASTICFREEJULY.ORG

WHAT TO AVOID	HOW TO AVOID IT	YOUR IMPACT			☒ YES I'LL DO THIS
		OCEAN	LANDFILL	GLOBAL WARMING	
Fill your bin with plastics for 'recycling'	Avoid as much plastic packaging as you can				☐
Pre-packed fruit and veg	Choose loose products (skip the little plastic bag or put in a reusable bag)				☐
Lightweight plastic bags	Remember your reusable shopping bags or use a cardboard box				☐
Pre-packed meat or fish	Shop at the deli counter or butcher or fishmonger for paper wrapped cuts or BYO reusable container				☐
Takeaway drink straws	Refuse plastic straws (or opt for a paper straw if they have them). BYO reusable straw				☐
Takeaway coffee cups	Bring your reusable cup or sit and enjoy a real cup				☐
Takeaway utensils and containers	Support vendors offering compostable alternatives (bamboo or card), BYO reusables or sit and enjoy 'dine-in'				☐
Bottled water	Fill a reusable bottle from the tap				☐
Bottled soft drinks	Reduce the amount (helps your health), or make your own with a soda maker/ carbonator or choose glass bottles (and recycle)				☐
Bin liners (or 'reusing' plastic shopping bags)	Have a sealed container for 'wet' scraps and compost or freeze until bin day. Line the kitchen bin with paper				☐
Plastic food wrap for leftovers and sandwiches	Use a reusable lunch box to store food, store food in containers or use beeswax wraps				☐
Littering: cigarette butts, balloons	Dispose of cigarette butts in the bin (they are plastic and wash into the ocean environment) Avoid releasing balloons (what goes up, must come down)				☐