Mychallenge choices GETTING STARTED



| WHAT TO AVOID | HOW TO AVOID IT | YOUR IMPACT | | | |
|--|---|-------------|----------|-------------------|------|
| | | OCEAN | LANDFILL | GLOBAL WARMING | THIS |
| 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) | L | | | |
| 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) | | | | |

AVOID LANDFILL WASTE, REDUCE YOUR ECO-FOOTPRINT, PROTECT THE OCEAN. PLASTICFREEJULY.ORG