



Plastic Free July® Calendar

31 Days of Ideas

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Choosing one small step

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Reusing what you have

3

Avoiding bottled drinks

4

Refusing plastic bags

5

Ditching disposable cups

6

Avoiding pre-packed produce

7

Skipping the straw

8

Choosing reusable utensils

9

Avoiding plastic food wrap

10

Swapping bottled soaps for bars

11

Choosing plastic free packaging

12

Making homemade snacks

13

Hosting a morning tea

14

Shopping in bulk food stores

15

Choosing loose tea

16

Switching to reusable safety razors

17

Making household cleaners

18

Bringing reusable containers

19

Reducing plastic in the bathroom

20

Dining in

21

Picking up litter

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Switching to plastic free stationery

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Choosing natural fibres

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Choosing reusable period products

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Avoiding plastic bin liners

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Choosing plastic free toys

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Making deodorant

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Learning more

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Travelling with reusables

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Plastic free celebrations

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Small steps, big difference

Join millions of people worldwide choosing to refuse single-use plastic.

