

Simple Steps to Reduce Plastic at Home!

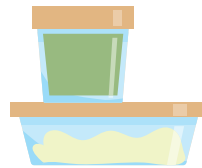


1 OBSERVE YOUR PLASTIC USE

- For a week, don't change your habits, simply observe your plastic use at home and out and about.
- Keep a diary of the plastic you are buying and save the plastic you are throwing away.
- Move through the house thinking about the plastic in each room.

2 DECIDE WHERE YOU WANT TO START

- On the go items: Coffee cups, straws, utensils, water bottle, condiment packets.
- Plastic-free shopping.
- Working through each room of the house.



3 MAKE A PLAN

- Where ever you decide to start, it's good to make a plan. What are you aims for this week? Month? And where would you like to be in a year's time?
- What will you need? If you're tackling reducing plastic on the go, maybe you need to make a kit ready for when you leave the house. The kit could include a reusable: bag, straw, cutlery, container (e.g. Sistema box), and coffee cup (e.g. keep cup or Again Again!)

TIP

Think about what YOUR habits are. If you eat a lot of sushi maybe carry chopsticks and soy sauce. If you get messy – include a napkin!



Low Waste Shopping Tips

Make a plan! Planning is the number one way to cut down food waste. Plan your meals and what you need to buy at the supermarket.

Check out the Rubbish Trips local shopping guide to find out where you can buy unpackaged food. Take a tour of your local shops, to see what's available in the bulk section.

Use what you have first. You don't need to buy more things to become zero waste (although granted sometimes you might need to). So wash out old jars and containers for bulk items.

Remember your bags. Keep them stashed in different places.

If you need bags for produce, you can use an old pillow case or make your own net bags out of old curtains!



At the butchers, bulk store or farmers market, don't be scared to ask if you can get it in your own container or if you can return the packaging. Even most supermarket delis will be more than happy to accommodate your request. Help normalise reuse.

You don't have to do it all at once, take it slow, maybe each time you go shopping you can try and swap out one plastic item.

4 TAKE IT SLOW

- Make changes slowly. Tackle one or two things at a time before choosing the next thing.
- Doing too much at once means you're more likely to feel overwhelmed and not continue with any of it.

5 DON'T WORRY IF IT DOESN'T ALWAYS GO RIGHT

- Don't beat yourself up if something doesn't go right. Maybe you forgot your cup, lunch box, or refillery items. That's ok, it happens to us all! But don't give up. Take a step back and focus on what you can do and think about incorporating more in another month's time.

