



SHOPPING LIST:

Shopping plastic and polystyrene foam-free can be a daunting process. We've made this list to make it easier for those who are ready to **#ditchplasticpackaging**:

- Always make a list before heading out to the store.
- Replace your plastic shopping bags with reusable cloth bags.
- Assess your bulk section first. Some retailers allow you to use your own glass jars to fill with bulk items instead of using plastic bags.
- Replace plastic produce bags with your own reusable produce bags.
- Purchase eggs and other foods in moulded fibre packaging instead of plastic or polystyrene foam.
- Purchase items in packaging that you will reuse like jars or purchase items in cans as this is more valuable for recycling facilities.
- Shop confidently knowing that you're on a journey to reduce plastic and polystyrene waste.

SHOPPING SWAPS:

- Plastic shopping bags → Reusable cloth bags
- Plastic water bottles → Stainless steel or glass water bottles
- Plastic produce bags → Reusable produce bags
- Plastic straws → Portable metal straw
- Plastic cling wrap → Reusable beeswax food wraps
- Plastic sandwich and snack bags → Silicone or fabric snack bags
- To-go cups → Reusable glass or stainless steel mug
- Plastic toothbrush → Bamboo toothbrush
- Plastic and polystyrene foam cartons → Moulded fibre cartons

#ditchplasticpackaging

