

How to use less plastic

Avoiding single-use plastics is easier than ever for households. With some simple lifestyle changes, you can make a massive impact on the environment. Here are some ways you can use less plastic in your life.



Pack your reusable grocery bags

By choosing reusable grocery bags, you can save around 500 plastic bags from entering our oceans and landfill every year!

Keep a refillable water bottle handy

Plastic bottles are impossible to miss on our streets. A common item littering our waterways, avoiding single use plastic bottles goes a long way in fighting harmful waste.



Support your local farmer's market

Avoid pre-packed foods and support local growers! Supermarkets often wrap fresh produce in unnecessary plastics. Avoid this by visiting your local farmer's market and avoiding overpackaged food.

Buy in bulk if you can

Bulk food stores are becoming popular with plastic free homes. Recycle glass jars and containers around the house and stock up on staples like flour, nuts, and even dishwashing liquid.



For more tips on how to be plastic free, visit:

www.plasticfreejuly.org/get-involved/what-you-can-do