HOW TO REDUCE YOUR PLASTIC USE

Plastic is everywhere, but plastic-free alternatives to many household products are increasingly popular and easy to find. Don't try to change everything at once – start with something you use regularly and build from there.

TOP TIPS

1. Reusable and refillable items are **always** more sustainable than single use, even if the single use item isn't fossil fuel plastic.
2. Where possible, choose products and packaging that aren't made from plastic. Wood, paper, metal, glass, ceramic and silicone are healthier for you and the planet.
3. If your local shops don't offer plastic-free options, try online. Many plastic-free brands and retailers are online only.

Set up a low-waste reusable kit and leave it near your front door.

- ✓ Stainless steel reusable water bottle
- ✓ Reusable coffee cup
- ✓ Stainless steel or silicone straw
- ✓ Cutlery set
- ✓ Fabric napkin
- ✓ Fabric grocery bags
- ✓ Mesh/fabric fruit and vegetable bags
- ✓ Fabric bread bag
- ✓ Reusable containers for deli items and meat.

Food storage

- ✓ Cover food on a plate with a bowl. Cover food in a bowl with a plate.
- ✓ Replace cling wrap with tea towels, beeswax wraps or reusable silicone covers.
- ✓ Replace ziploc bags with reusable food storage containers.

Coffee and cafes

- ✓ Request ceramic cups if you are dining in.
- ✓ Take a reusable cup for hot and cold takeaway drinks.
- ✓ Keep a cup in your car and at work.
- ✓ Preference cafes that promote reusable cups (e.g. discounts for their use).

Grocery shopping

- ✓ Bring your own reusable bags/containers, including to your butcher and fish outlet.
- ✓ Buy 'nude' fruit and vegetables, not pre-packaged.
- ✓ Try your local farmers' markets for fresh produce.
- ✓ Visit bulk food stores for staples that aren't plastic-wrapped.
- ✓ Use bulk purchases to make up your own children's snack packs.

Cleaning and personal care

- ✓ Try coconut scourers, washing powder in a cardboard box, and dishwashing powder instead of plastic-wrapped tablets.
- ✓ Switch to reusable menstrual products. Menstrual cups and reusable period underwear are available at most supermarkets and pharmacies.
- ✓ Change to bamboo toothbrushes, shampoo and conditioner bars, deodorant in a tin, and soap bars instead of liquid soap in plastic bottles.

Find more tips at the Western Metropolitan Regional Council website:

wmrc.wa.gov.au/education-and-community/fact-sheets/

Curtin's Pathway to NET ZERO

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