



Zero waste challenge



DITCH

Cling film
plastic toothbrushes
Disposable coffee cups
one use water bottles
plastic sanitary wear
plastic bags
Disposable tissues
dryer sheets
wet wipes
Plastic Tupperware
Kitchen paper towels
Plastic straws
Plastic shampoo bottles
Plastic shower srunchie
Dental floss
One use bottles and jars
cleaning cloths
Disposable cutlery
Car for short journeys
Buying fruit and veg
prepacked fruit and veg
watering garden with tap water
Food waste in the bin
Buying everythng new

SWAP TO

Wax wraps
Bamboo toothbrushes
reusable bamboo coffee cup
reusable water bottle
organic sanitary wear
Cotton bag for life
handkerchiefs
wool dryer balls
flannels
Mason jars
Kitchen cloth
bamboo or steel straws
shampoo bars
natural sea sponge
water floss
refillable products
microfibre cloths and old rags
Bamboo travel cutlery
walk or cycle
Grow your own
Buy loose and use own bags
use a water butt
compost
Buying second hand