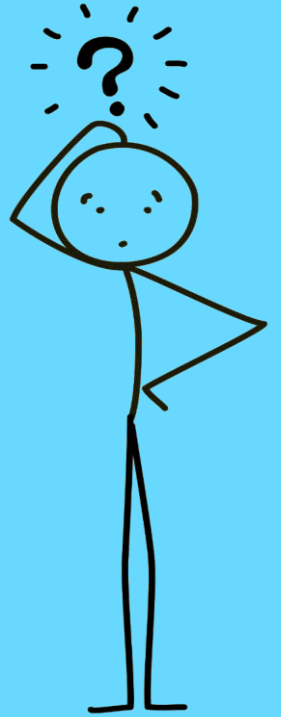


PLASTIC FREE JULY

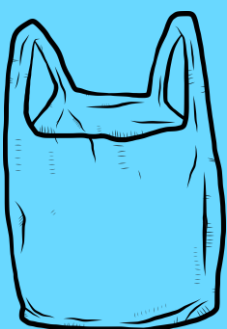
WHAT IS PLASTIC FREE JULY?

Plastic Free July is a worldwide campaign, led by the Plastic Free Foundation, which aims to reduce single-use plastic waste throughout our everyday lives and reduce plastic pollution.

Plastic free July is about reducing plastic in a way that works for your lifestyle. Even one small change can make a real difference!



PLASTIC MINDFULNESS!



Plastic is a versatile polymer, useful to many sectors and industries. However, if it is not disposed of correctly, plastic can take hundreds (even thousands) of years to break down. Plastic is a leading cause of pollution in our world today. Plastic is found in our seas and oceans, affecting global marine ecosystems.

Some of the single-use plastics we use in our everyday lives are not necessary. Plastic Free July asks people to be mindful about their use of plastic, particularly the soft single-use plastics that are not recyclable.



PLASTIC FREE JULY

SIMPLE EVERYDAY SWAPS CAN MAKE A BIG DIFFERENCE

SHOPPING BAGS

Bring your own reusable shopping bags while shopping. Not only does this reduce the amount of plastic you use but also can save costs!

Reusable produce bags are now readily available to collect your fresh produce without using small single-use plastic bags.



DISPOSABLE BOTTLES

Replace your disposable plastic bottles with a reusable water bottle that you can refill!



TEA BAGS

Did you know that some tea bags contain plastic?

Why not try switching to loose tea for July or switching to tea bags that don't contain any plastic packaging.

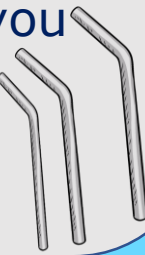




PLASTIC FREE JULY

STRAWS

Unfortunately disposable plastic straws are one of the most common types of plastic pollution in our seas/oceans. Why not switch to a metal or glass straw to bring with you whenever you need.



LUNCH

Cling film and single use sandwich bags can be a big contributor to the waste we produce today.

There are a variety of options to make your lunch plastic free, why not try out a steal lunchbox, pack food without packaging or try out some beeswax wraps to replace clingfilm



REUSABLE CUTLERY

Now more than ever we are relying on take out services. Before collecting your next order, consider if you need disposable cutlery or can you bring your own? There are a variety of guides online on how to make your own cutlery pouch to make them easy to transport wherever your go!





PLASTIC FREE JULY

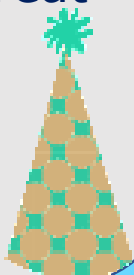
CONSCIOUS SHOPPING

Certain foods can have a lot of unnecessary packaging. During plastic free July why not try buying loose items or visiting a bulk food store who can provide a variety of produce packaging free.



DECORATIONS

Are you celebrating an event or birthday? Did you know there are many plastic free options for decorating and wrapping presents? Twine, paper tape, paper wrapping paper (that's not shiny and does not contain a plastic coating or glitter) can be great eco-alternatives. Homemade bunting and party hats can be plastic free and make a great fun family activity!



CLEANING UTENSILS

Many cleaning utensils, such as dish brushes, are not suitable for recycling, why not try switching to a more sustainable alternative such as cleaning utensils with bamboo handles.

