



# PLASTIC FREE JULY

## - choices checklist -



### WHAT TO AVOID

### HOW TO AVOID IT

**YES**  
FILLING IT

Relying on Plastic Recycling

Avoid as much plastic packaging as you can

Microbeads

Minimise synthetic clothing washes, Don't buy personal care products containing microbeads

Bottled Cleaning Products

Refill when your bottles are empty

Food Packaging: Dry Goods

Buy from a bulk store refilling your reusable containers

Food Packaging: Meat / Fish

Minimise consumption, Shop at the deli/ butcher for paper wrapped cuts

Food: Produce

Opt for loose fruit and veg

Plastic Straws

Opt for a Reusable Straw, Refuse when you are out

Takeaway Coffee Cups

Use your own cup or relax and sit in

Takeaway Utensils & Containers

Bring your own reusables first and foremost, Support vendors that have home compostable options (bamboo and non plastic-lined card), Dine in

Bottled Water

Reusable water bottle, Refill from the tap

Bin Liners

Have a sealed container for 'wet' scraps, Compost or freeze until bin day, Line kitchen bin with paper

Pet Poop in Plastic Bags

Use cornstarch based compostable bag, Have a dedicated pet poop composting system at home

Milk Containers

DIY nut milk, Glass bottles

Plastic Food Wrap

Store food in container or jars, Use beeswax wraps

Litter

Cigarette butts are plastic so place in the landfill bin, Avoid releasing balloons, Pick up litter!

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Adapted from [plasticfreejuly.org](http://plasticfreejuly.org)

# Plastic Free Checklist

**CL Gary**



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## **Table of Contents Plastic Free Checklist**

1. Understanding the eBook Plastic Free Checklist
  - The Rise of Digital Reading Plastic Free Checklist
  - Advantages of eBooks Over Traditional Books
2. Identifying Plastic Free Checklist
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Plastic Free Checklist
  - User-Friendly Interface
4. Exploring eBook Recommendations from Plastic Free Checklist
  - Personalized Recommendations
  - Plastic Free Checklist User Reviews and Ratings
  - Plastic Free Checklist and Bestseller Lists

5. Accessing Plastic Free Checklist Free and Paid eBooks
  - Plastic Free Checklist Public Domain eBooks
  - Plastic Free Checklist eBook Subscription Services
  - Plastic Free Checklist Budget-Friendly Options
6. Navigating Plastic Free Checklist eBook Formats
  - ePub, PDF, MOBI, and More
  - Plastic Free Checklist Compatibility with Devices
  - Plastic Free Checklist Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Plastic Free Checklist
  - Highlighting and Note-Taking Plastic Free Checklist
  - Interactive Elements Plastic Free Checklist
8. Staying Engaged with Plastic Free Checklist
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Plastic Free Checklist
9. Balancing eBooks and Physical Books Plastic Free Checklist
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Plastic Free Checklist
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Plastic Free Checklist
  - Setting Reading Goals Plastic Free Checklist
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Plastic Free Checklist
  - Fact-Checking eBook Content of Plastic Free Checklist
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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