

## Retailers offering plastic alternatives

### **Life Without Plastic**

- 'Helping people find safe, high quality, ethically sourced, Earth-friendly alternatives to plastic products through our online shop.' They offer plastic free housewares such as hemp shower curtains, tiffin carriers, office and school supplies, etc.

### **Strictly Bulk**

- Carries a wide range of bulk food, including unpackaged tofu

### **Saponetti**

- "Soaps and detergents in refundable mason jars. Delivered by e-vehicle to your home."
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## Eating Out

- When I occasionally get take out food I bring my own containers to the establishment. Most restaurants are only too happy to fill my reusable containers.
- Don't do take away if the food containers are plastic
- I ask for my bread and potato pancakes from Future Bakery to be wrapped in paper instead of their usual plastic bags
- Use a reusable coffee cup and water bottle.
- Ask for no straws.
- Carry your own cutlery

## Household

- Read your newspapers online. Newspapers will be in plastic on a rainy day.
- I avoid buying plants in plastic containers
- Cancel magazine subscriptions that come in plastic.

## Laundry

- I use TruEarth laundry strips. These little gems are plastic and palm free!
- Buy powdered dish detergent packaged in cardboard
- I never buy so called fabric softeners

## Kitchen

- Wrap food in waxed cloth, or reusable containers.
- Compost. Remaining garbage will be dry and can be disposed of in paper bags
- If you drink juice buy it concentrated rather than in a big plastic jug or squeeze your own
- Use paper tape instead of scotch tape.
- Invest in a water purification system at a family cottage so there is no need for bottled water.
- I've invested in a 30 litre stainless steel water dispenser for camping and cottaging

## Bathroom

- Be a minimalist re body products and use hand soap, shampoo bars and tooth tabs.
- I use a wooden toothbrush with replaceable head which has biodegradable bristles
- Do not use plastic razors. Purchase a reusable metal razor and blades.
- Clean your bathroom with baking soda that comes in cardboard boxes.
- Use tampons packaged in paper with cardboard applicators or a reusable menstrual cup.
- When the time comes, I'm going to replace my vinyl showers curtains with hemp ones

## Shopping

- Use reusable bags and produce bags
- Carry a cloth bag in your purse/pocket. It folds up really small. Refuse bags.
- Buy loose fruits and vegetables.
- I source out stores that sell yogurt and milk in returnable glass jars.
- I buy yogurt and sour cream in glass containers from Future Bakery Outlet where they also accept the cleaned empty glass containers returns
- Choose no packaging, cardboard, glass or tin.
- Repair, repurpose, recycle clothes and fabric. Avoid synthetic clothes.
- Support stores that sell reusable and unpackaged products. There are lots of them.
- I have slowed down my purchases of clothing and I look for biodegradable fabrics that don't contain plastic derivatives when I do buy

## Holidays and Special Occasions

- Use twine or raffia instead of ribbon. Wrap gifts in tea towels, aprons, scarves, or fabric and make that part of the gift.
- Buy wood, fabric, rubber, metal, cardboard toys for children.
- Give cash instead of gift cards.



