

Clean Up



# 101 small steps to going plastic-free

# SHOPPING



"To improve is to change"  
Barack Obama



Frequent your local farmer's market for basket-loads of fruit and veg without the plastic packaging.

At the supermarket or greengrocer, let your fruit and veg go naked in the trolley (or invest in re-usable produce bags).

What's the best thing since sliced bread? Bringing a reusable bread bag to your local bakery!





Bulk up – bulk shopping is a great way to reduce packaging and plastics. You also save \$\$\$ too!

Declare your home ‘landfill-free’, only buying items which are in re-usable or recyclable packaging. Seek out and support packaged products which use the Australasian Recycling Label to identify how easily it can be recycled – opt for packaging which is easily recycled through your kerbside bins.

BYO bubbles! Did you know investing in a SodaStream can save thousands of single-use plastic bottles?





Grow herbs on your windowsills – straight to your plate and NO plastic packaging.

Speak out for take-out – voice your views if you order takeaway from a store which uses excessive plastic packaging. The more customer voices, the more chance for change.

Look out for plastic-free tea. Some tea bags are made with synthetic mesh and can release billions of microplastic pieces in just one cup? Do a quick search for plastic-free tea bags and support those brands or brew using loose leaf!



# IN THE KITCHEN



"Progress is impossible without change, and those  
who cannot change their minds  
cannot change anything."  
George Bernard Shaw





Have separate kitchen bins or containers for easy separation and sorting of all your recyclables.

Place a re-usable shopping bag next to your bin to collect all soft-plastics for recycling. Grab it when you head to the shops to recycle at the designated REDcycle collection bin at the front of most major supermarkets.

Finished unpacking groceries? Pop your re-usable bags straight back in the car or near the front door to reduce the risk of forgetting them next time you're shopping.





Use silicone or beeswax re-usable food covers to avoid wasteful plastic wrap.

Invest in reusable baking sheets to avoid using single-use paper when using the oven.

Search for dish-washing brushes, sponges and cloths made from natural bristles and materials such as bamboo.

Did you know you can use replace dishwasher powders and tablets with bi-carb soda and use white vinegar as the rinsing agent. There are plenty of recipes online for natural cleaning products – and no plastic packaging required!

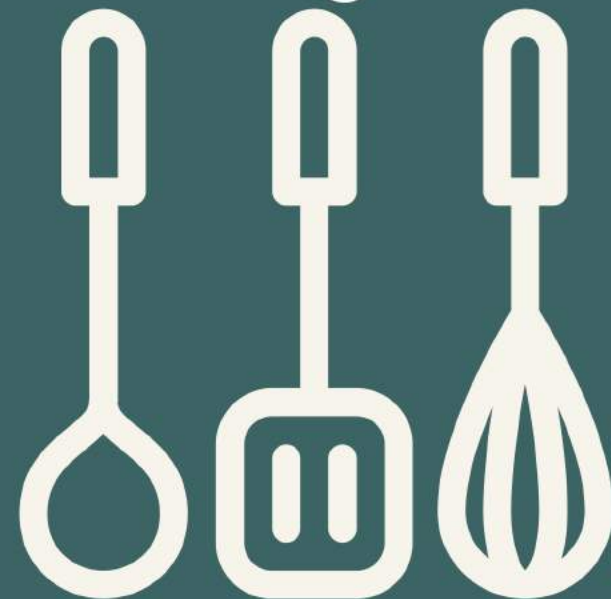




After you've washed your re-usable cups, straws or cutlery, automatically put them straight into the places you need them – the car cup-holder, your handbag, your work bag. That way, you'll have them on hand out-and-about and can say NO to single-use plastics.

If you need containers, look for glass and plastic-free alternatives. Glass jars are your friend in the pantry – they can easily be washed and re-labelled and make bulk-buying more manageable.

Look for cotton or hemp food bags designed to keep your groceries fresher for longer, rather than storing in plastic – longer-lasting fresh food means less food waste too!



# IN THE LAUNDRY



"The man who removes a mountain begins  
by carrying small stones"  
Old Chinese proverb

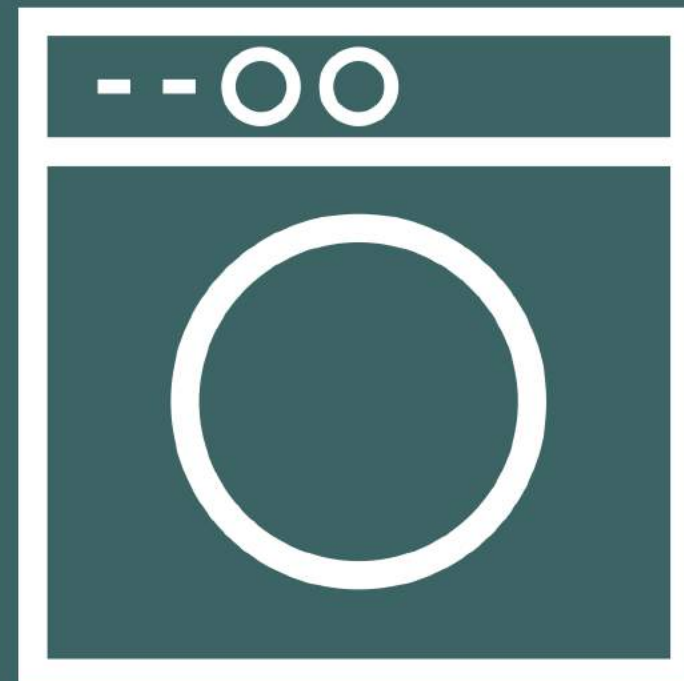




Make your own laundry detergent – there are plenty of online recipes and you can customise scents to your liking. Look for time-tested naturally derived laundry soaps used by generations past – they often have less plastic packaging and are made from more natural ingredients.

Fill 'er up: keep an eye out for retailers and companies offering the option to refill your containers without the need to purchase new ones.

Use laundry baskets made of wicker, rattan or other natural materials to avoid plastic which can degrade over time and break under the weight of a wet load of laundry.





Go natural: Bi-carb or baking soda, lemon juice, and white vinegar are all great natural cleaners – and use the most natural disinfectant – UV rays from the sun!

Keep an eye out for laundry products which use recycled content in their packaging and that can be recycled easily.

Try Soap Nuts! These dried berry shells are high in saponins (nature's soap) and can be placed inside a small bag or tied sock to give your laundry natural, scent-free clean with no irritating residue.





Look for high-quality bamboo, wood or metal pegs and say good-bye to flimsy plastic pegs.

Choose washing powder packaged in cardboard boxes for easy recycling and less plastic.

Buy bulk and use glass or metal containers to distribute and store your washing power, fabric softener etc.

Purchase a micro-plastic laundry bag or ball and use it when washing to prevent shedding of microfibres from your clothes ending up in our waterways and oceans.



# IN THE BATHROOM



"It is not the strongest of the species that survive,  
nor the most intelligent, but the one  
most responsive to change."  
Charles Darwin





Swap your bathroom products with plastic packaging-free alternatives – most products from haircare, skincare and cleaning products can now come in bar form, with just cardboard for packaging. Shampoo and conditioner bars are becoming increasingly popular - look for ones which suit your style or hair – you'll avoid using a whole lot of plastic every few months.

Bulk stores can often refill your shampoo and conditioner bottles direct from their in-store dispenser. Remember your bottles next visit to avoid needing to purchase more plastic.





Invest in bamboo face washers and eye-cleansing pads, so you can avoid single-use wipes and go waste-free for your makeup removal. Cotton buds / tips are also now available with bamboo wood and cotton instead of plastic.

Choose soap bars which don't come wrapped individually - especially not in plastic.

Some great for-purpose companies offer toilet paper subscriptions to order bulk toilet paper – you get months' worth of supply, all in plastic-free packaging delivered straight to your doorstep.

Look online for some great toothpaste recipes which you can make at home – these are all natural ingredients and can work surprisingly well, saving you \$ and packaging.





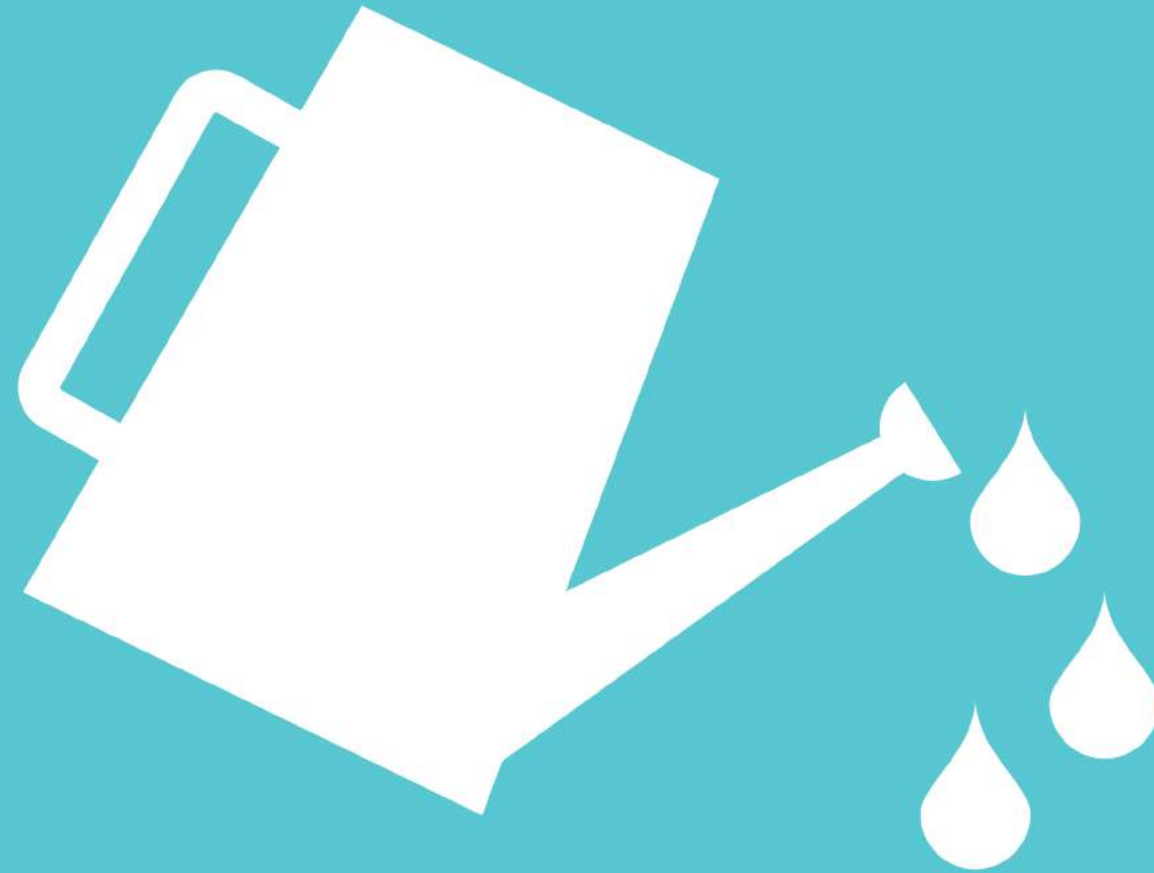
Avoid disposable razors and purchase high-quality ones with replaceable heads. You can even collect the razor heads in a jar and contact your local chemist or medical centre about sharps disposal and recycling services.

Find toothbrushes made from natural products such as bamboo and look after them so they last longer, avoiding the need for more.

Plenty of cosmetic brands are looking for better packaging solutions and can offer re-fillable products, or packaging made from post-consumer recycled materials. Do a little research to support companies making these moves.



# IN THE GARDEN



"The way to get started is to quit talking  
and begin doing"  
Walt Disney





Opt for terracotta pots or other alternatives like wood or metal. If plastic is the only option, check if it's recyclable.

Look for plastic-free netting options to protect your plants and keep the bugs off.

Swap out plastic seed trays for wooden ones – they will last longer and also allow the plant roots to breathe.

Use cardboard egg trays or empty toilet paper rolls to make your own seedling pots.



Use leftover iceblock or paddle pop sticks to label your plants and seedlings – they look much nicer than the plastic version and are easy to write on.

Make your own garden compost to avoid buying plastic-packaged bags from nurseries.

Start a worm farm to recycle your food scraps into an organic fertiliser – the castings can easily be drained into a jug and poured over your plants, veggie or herb garden to nourish them without buying plastic-packaged products.





When tying string or twine to help seedlings grow, opt for natural fibres such as hemp or use strips of old bedsheets or holey socks!

Go for galvanised metal for a longer lasting watering can. Invest in good quality gardening tools which will stand the test of time – avoid cheap plastic ones which will break easily or degrade if left outside.



# PLASTIC FREE PETS!



"Things do not change. We change"  
Henry David Thoreau



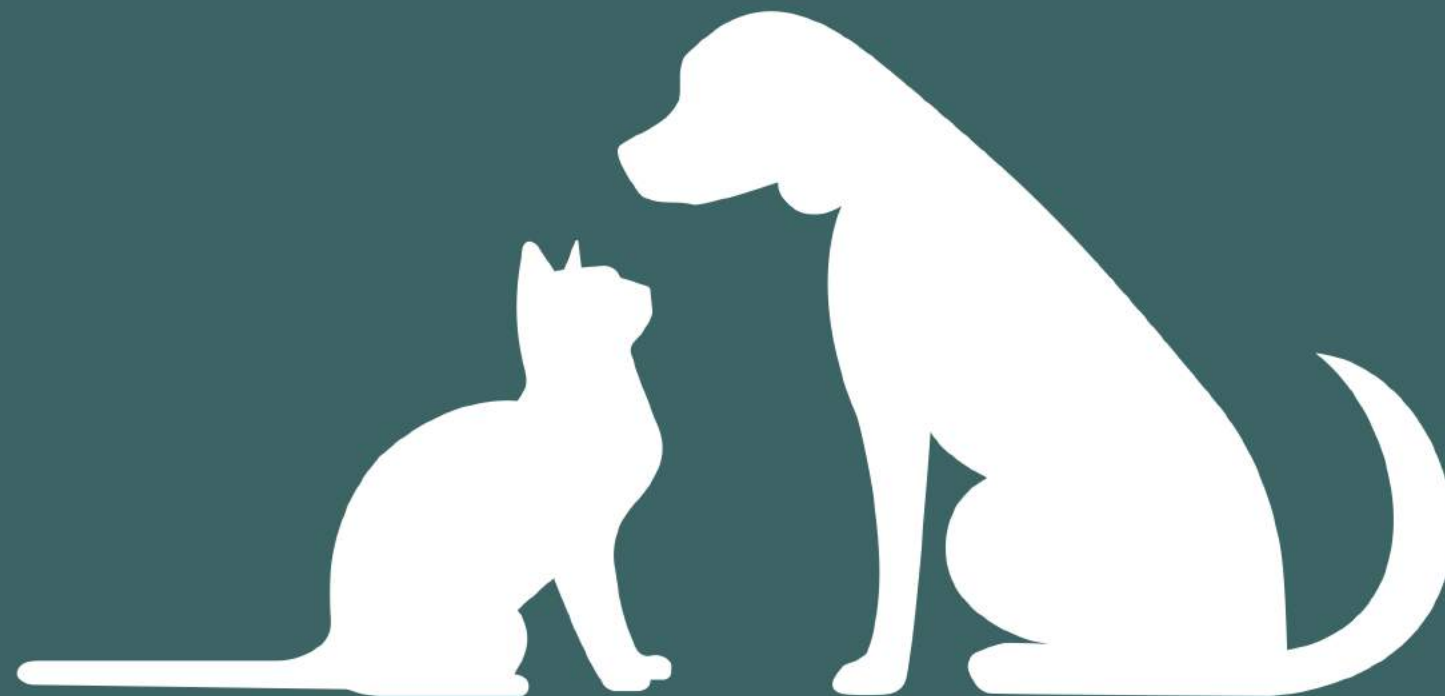


Use compostable doggy poo bags as an alternative to plastic ones when taking your pooch for a walk.

When buying food and water bowls, look for plastic-free alternatives.

Opt for pet collars and leads made from leather, fabric or recycled plastics.

Did you know kitty litter is often made from plastic pellets? Make sure you look for eco-friendly alternatives made from recycled paper or plant materials.



# FASHION



"Buy less. Choose well. Make it last."  
Vivienne Westwood





Make fast fashion go out of style! Cheap, synthetic clothes which don't last are part of a growing waste problem in Australia, with over 6,000 kgs of textile waste being sent to landfill every 10 minutes. Invest in fewer, but good quality pieces which will stand the test of time.

Buy second-hand! There are so many stores selling pre-loved designer labels - both bricks & mortar retailers or online options such as Facebook Marketplace and Depop.

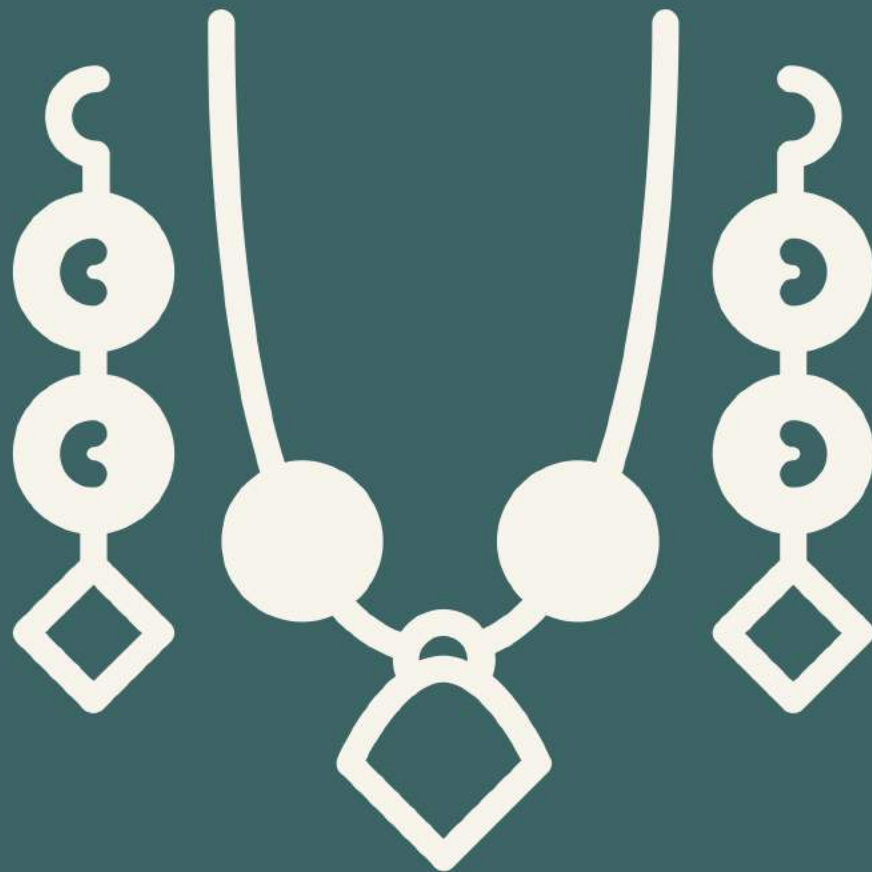
Discover the world of fashion rentals - if have a special occasion coming up and need a fab, one-time only piece to wear, don't buy, rent it!





Donate any unwanted clothes or jewellery to charity or list on buy, sell, swap pages to keep items circulating through the economy, rather than going to landfill.

Keep an eye out for clothing made from rPET (Recycled PET plastic bottles). Many companies are now incorporating this materials into their clothing, activewear and footwear, displacing the need for virgin petroleum-based materials.





Avoid plastic hangers which can easily break – go for strong, high quality ones which will last a lifetime.

Try upcycling unwanted clothing or textiles to other uses around the house – for example, cutting up old t-shirts or bed sheets to use as cleaning cloths or rags.

Going shopping? Don't forget to take your re-usable bag (there are so many really stylish ones available that fold up to fit in your handbag or pocket).



Support brands doing good. Do your research and support the brands which opt for sustainable practices.

Experiment with natural fibres in clothing – they won't leach micro-plastics in the wash and will be kinder to your skin.

Consider installing a filter on your washing machine or using a laundry bag or laundry ball to prevent microplastic pollution.





# IN THE OFFICE



"True life is lived when tiny changes occur."

Leo Tolstoy

Clean Up



Can you be recycling more in your office? Check you have all the correct bins to separate waste. Collect soft plastics separately to recycle through a nearby supermarket. Could you collect empty drink bottles and cans to redeem at a Container Deposit Scheme? (& donate the \$ to a local charity like Clean Up Australia!)

If you do regular coffee runs for the office, make sure you're taking reusable coffee cups, and not relying on single-use disposable ones.

Talk to caterers about your desire to reduce plastic – they may have plastic-free options such as alternatives to wrapping their platters in plastic wrap, and you should always advise that plastic cutlery is unnecessary.





Review your office's kitchen habits (check the kitchen section for more tips) – where can you see problems? Are there co-workers who also care about this? Perhaps there are several actions you can easily take now to reduce waste and plastic.

Make sure everyone has their own mug and drinking glass or bottle. If you wanted to go the extra step, you could even get some mugs custom labelled with their names – people will avoid using someone else's clearly named mug!

Stop providing plastic water bottles for meetings or conferences. Instead offer jugs and glasses, or provide a water cooler and swap out disposable cups for re-usable ones.





Encourage your team to bring their own lunch from home to avoid the need for takeaway containers every lunch. You could gift them with their own re-usable lunch bag to encourage a culture shift.

Ask nearby cafes and restaurants if they don't mind you bringing your own mug or plate/bowl/cutlery for them to fill with their fresh food/coffee.

Or ask if they can put takeaway food into their own bowls and you will return them once you've finished (make sure you do!).





Replace stickytape with paper-based or masking tape.

Source stationery not made of plastic or wrapped in plastic (eg. refillable pens rather than plastic pens, wooden pencils and cardboard).

Can you buy in bulk to reduce packaging? Switch from bubble wrap to honeycomb papernad start using paper or compostable mailers.



# KIDS



"Be the change that you wish to see in the world"  
Mahatma Gandhi





Kids grow quickly through stages often losing interest in toys and games, moving onto the next new thing. Avoid plastic waste, excess consumption and save money by joining a toy library – ask your local council if there's one near you.

Plastic-toys typically break easily and are often not recyclable. Avoid buying plastic toys by looking for high-quality wood ones (or other materials) which will stand the test of time.

Where possible, choose plastic and synthetic-free clothing such as cotton or bamboo or better yet, stick with hand-me-downs, second hand clothes and say NO to fast fashion!





Sadly, soft toys made from synthetic material won't breakdown easily after your child has outgrown them, and can leach micro-plastics over many years of washing. Look for natural fibres when buys your child's furry friends.

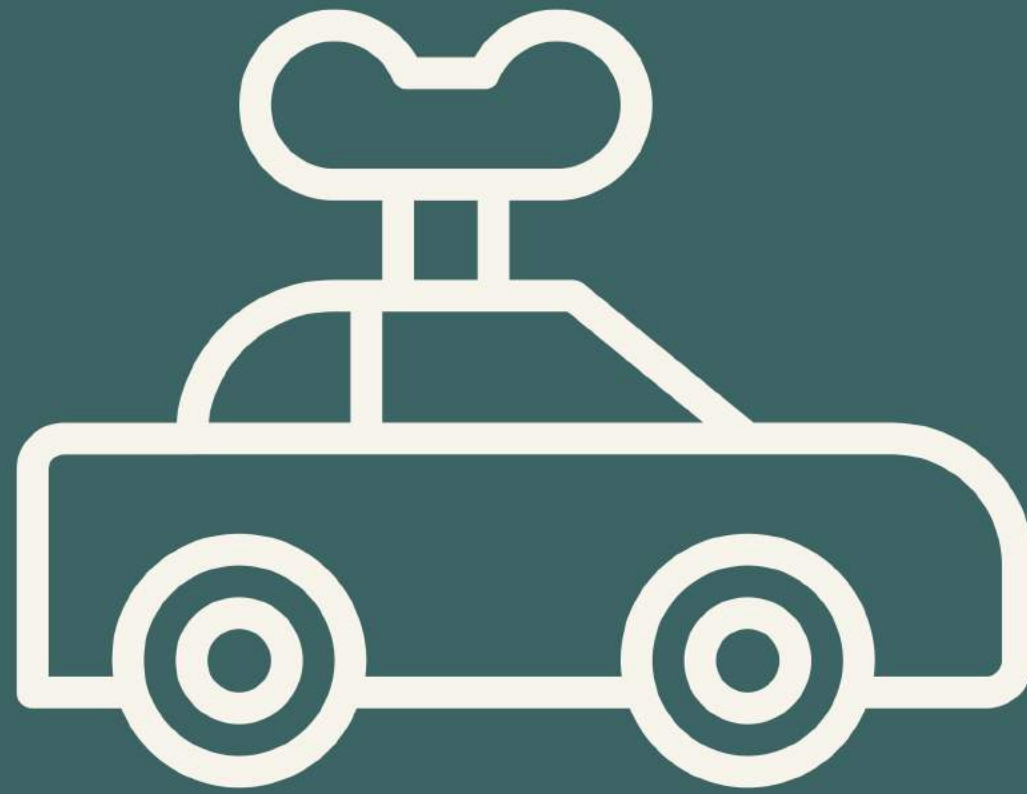
Create naked lunches! Invest in stainless-steel bento boxes or plastic-free lunch boxes/food wraps to pack a waste-free lunch for your child.





Regularly check Buy Sell Swap pages for purchasing anything your child may need but will likely grow out of quickly – toys, equipment, shoes, clothes etc. They won't notice it's second-hand, but the planet and your hip pocket will!

Disposable nappies are one of the biggest worries for a parent looking to go plastic-free. Alternatives include biodegradable nappies and many types of re-usable ones. Weigh up the options that suit you best, and pat yourself (or your baby!) on the back for finding ways to avoid huge amounts of plastic waste-to-landfill.





Wipes are an essential part of parenting for cleaning up all types of spills and baby fluids! There are re-usable alternatives which are made from natural materials – such as bamboo cloth, avoiding single-use and saving you \$\$\$.

Parents rely heavily on baby bottles and sippy cups in the younger years. Why not choose ones which are kinder to the planet? There are many plastic-free alternatives available including glass, stainless steel and bamboo.

Look for natural rubber soothers, pacifiers or dummies as a plastic-free alternative. Better for baby and the planet!





# PARTIES



"It does not matter how slowly you go  
as long as you do not stop."  
Confucius



Celebrate the party's theme through food and drinks – cupcakes, cakes, punch etc. without buying one-off plastic décor such as themed table-cloths.

Avoid plastic plates, cups and platters by using what you have in your kitchen which is re-usable – there's no need to buy a lot of single-use plastics just because you're having a party.

Ignore the straw! If you absolutely must provide them make sure you opt for paper or re-usable ones.





Avoid balloons and streamers, especially when outdoors. The wind and weather often mean these decorations end up in the natural environment – and even worse can kill wildlife on land or in the oceans.

Did you know most glitter is tiny bits of plastic and contributes to the problem of microplastics in the environment? If you love glitter and absolutely must use it, opt for eco-friendly, organic bio-glitter.



Write everyone's name on a re-usable or paper cup before the party begins, and use a large drink dispenser so everyone can stay hydrated without single-use plastics.

If you're bringing a gift to a party, wrap it in a scarf, use pages from a magazine, an old map, a teatowel or an antique jar.





# WEEKENDS



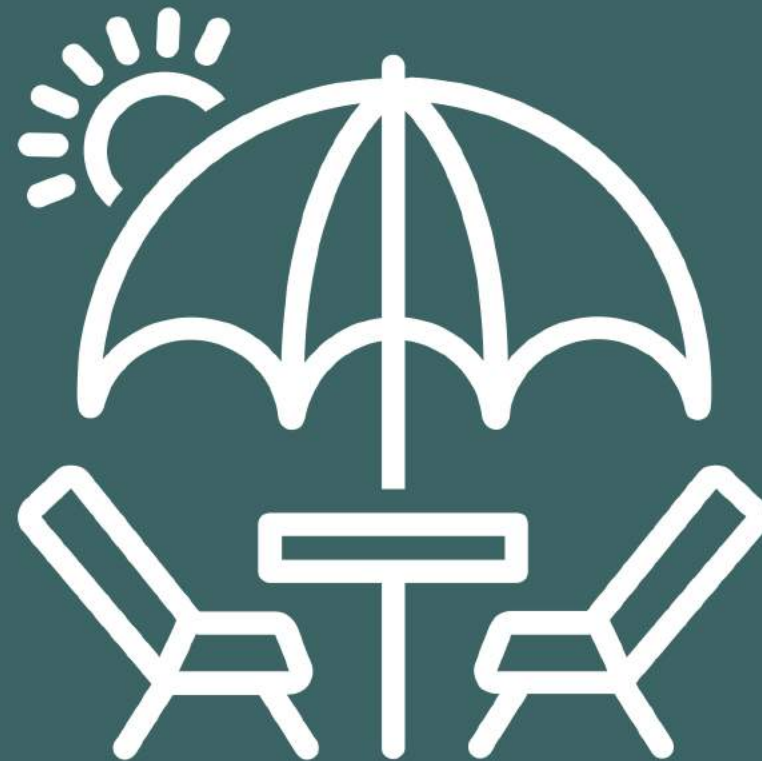
"Never doubt that a small group of  
thoughtful, committed, citizens can  
change the world."  
Margaret Mead



If you're hiking or exercising, consider plogging! Plogging is where you pick up rubbish while you're jogging! Clean Up Australia runs a PLOG-A-THON fundraiser and by registering you get sent a plogging kit!

Pack a picnic set from plates, cups and utensils you have at home for a plastic-free meal on weekend wilderness adventures.

When you're out and about, don't forget your re-usable water bottle – it's astonishing how much plastic you can avoid if you keep it with you at all times.





Visit camping websites for advice on how to camp responsibly when you're enjoying the great outdoors.

Entertaining? Consider making your own dips and even chips – snacks are rife with plastic packaging you can avoid if you make your own.

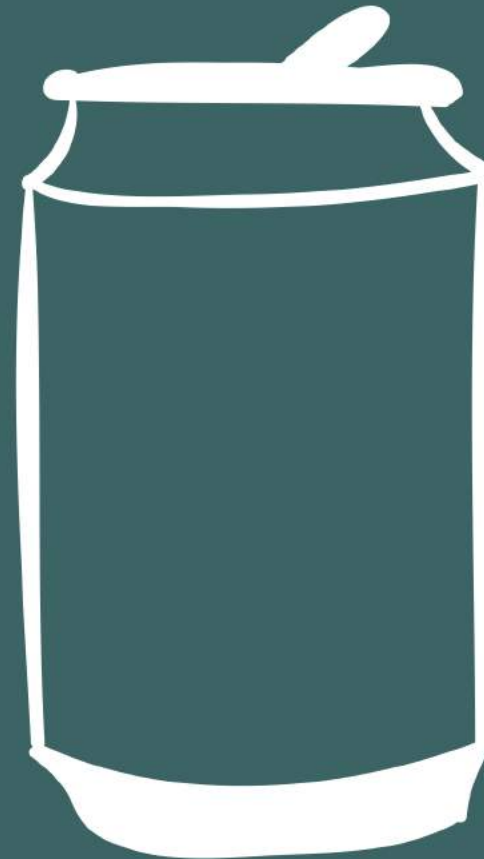
If you buy dips or cheeses from the deli, remember to BYO containers,

Running the local sausage sizzle? Avoid pre-packaged sausage trays (the trays often aren't recyclable), instead opt for bulk buying from your local butcher or a meat supplier.



Make a weekend activity out of collecting beverage containers and returning them to a nearby Container Refund Scheme to pocket a little extra cash.

Remember to pack your re-usable waterbottles, coffee cups, straws, and cutlery for weekend activities and sports games.





Clean Up



how will



STEP UP?



# REMEMBER

By considering everyday plastic usage and making small lifestyle changes, we can all help to reduce the impact of plastic on our planet.

Share your pledge to do better...#StepUptoCleanUp

