

30 Ways to Pass on Plastic (and save our oceans) | Checklist

On the go			
#	Item to replace with non-plastic alternative	Done!	To-do
1	Get a non-plastic portable water bottle	<input type="checkbox"/>	<input type="checkbox"/>
2	Carry a re-usable shopping bag	<input type="checkbox"/>	<input type="checkbox"/>
3	Invest in a re-usable coffee cup / flask	<input type="checkbox"/>	<input type="checkbox"/>
4	Buy non-plastic straws	<input type="checkbox"/>	<input type="checkbox"/>
5	Get portable (non-plastic) utensils	<input type="checkbox"/>	<input type="checkbox"/>
6	Give up chewing gum	<input type="checkbox"/>	<input type="checkbox"/>
Cosmetics			
7	Deodorant	<input type="checkbox"/>	<input type="checkbox"/>
8	Make-up	<input type="checkbox"/>	<input type="checkbox"/>
9	Sanitary wear	<input type="checkbox"/>	<input type="checkbox"/>
10	Razors	<input type="checkbox"/>	<input type="checkbox"/>
Bathroom			
11	Bar soap - hands	<input type="checkbox"/>	<input type="checkbox"/>
12	Bar soap - body	<input type="checkbox"/>	<input type="checkbox"/>
13	Toothbrush	<input type="checkbox"/>	<input type="checkbox"/>
14	Toothpaste	<input type="checkbox"/>	<input type="checkbox"/>
15	Shampoo & Conditioner	<input type="checkbox"/>	<input type="checkbox"/>
16	Toilet roll	<input type="checkbox"/>	<input type="checkbox"/>
Kitchen			
<i>Groceries</i>			
17	Opt for refillable milk/milk alternative bottles or cartons	<input type="checkbox"/>	<input type="checkbox"/>
18	Buy cheese in bulk	<input type="checkbox"/>	<input type="checkbox"/>
19	Buy veg in paper bags or reusable containers	<input type="checkbox"/>	<input type="checkbox"/>
20	Buy bread in paper bags	<input type="checkbox"/>	<input type="checkbox"/>
21	Avoid drinks in plastic bottles	<input type="checkbox"/>	<input type="checkbox"/>
22	Avoid ready meals or frozen food with plastic	<input type="checkbox"/>	<input type="checkbox"/>
<i>Food prep</i>			
23	Blender	<input type="checkbox"/>	<input type="checkbox"/>
24	Non-stick pots and pans	<input type="checkbox"/>	<input type="checkbox"/>
25	Ice cube tray	<input type="checkbox"/>	<input type="checkbox"/>
<i>Food storage</i>			
26	Tupperware	<input type="checkbox"/>	<input type="checkbox"/>
27	Cling film	<input type="checkbox"/>	<input type="checkbox"/>
<i>Waste</i>			
28	Bin bags	<input type="checkbox"/>	<input type="checkbox"/>
Household			
29	Cleaning products	<input type="checkbox"/>	<input type="checkbox"/>
30	Laundry detergent	<input type="checkbox"/>	<input type="checkbox"/>
31	[BONUS!] Stop buying PVC	<input type="checkbox"/>	<input type="checkbox"/>