

PLASTIC FREE BINGO

Try a solid shampoo bar

Take a tote bag to the shops

Try a wax wrap instead of cling film

Buy items wrapped in paper or cardboard instead of plastic

Switch to a bamboo toothbrush

Try a glass bottle milk delivery service

Avoid black plastic

B.Y.O produce bags and choose loose fruit and veg

Use a reusable coffee cup

Choose a refillable cleaning product

Switch to re-usable sanitary pads or a menstrual cup

Buy in bulk to reduce packaging

Wash and re-use takeaway containers and say no to plastic cutlery!

Swap out disposable razors for a safety razor

Try loose leaf tea

Stop buying bottled water and use a reusable one instead