

PLASTIC CHALLENGE CHECKLIST

1 Do a plastic audit

Make a note of all the single-use plastic you use in one week. It might surprise you! What can you cut out?

2 Take your own cutlery

Having a picnic? Invest in some bamboo cutlery – it's eco-friendly, portable and convenient.

3 Milk deliveries

Go old school with milk deliveries in glass bottles straight to your doorstep. Look online for a service that delivers to your area.

4 Think twice about the food you buy

You can find loose fruit and veg in most supermarkets. Opt for these instead of the ones covered in pointless plastic.

5 Swap out your toothbrush

Your toothbrush is probably made of plastic. When it's time for a replacement, why not switch to a bamboo toothbrush? You can even get bamboo heads for electric toothbrushes.

6 Go for plastic-free toilet paper

Next time you buy new loo roll, order plastic-free packs in bulk online.

7 Switch up your deodorant

Did you know you can get plastic-free deodorant? Make the switch to a brand like Earth Conscious – their deodorant is all natural and comes in reusable and recyclable tins.

8 Start using glass jars as containers

Try and re-use before you recycle. Start collecting and cleaning glass jars to re-purpose as containers. Just remember to clean them out first.

9 Write to your local official

Could you write to your local MP/MSP/AM about single-use plastic? Let's make sure reducing single-use plastic waste is on the agenda. Direct them to the Plastic Challenge website and encourage them to take part themselves.

10 Make your own reusable bag

If you have a few hours to kill, why not try making your own drawstring bag? All you need is a sewing machine, fabric scraps and drawstring cord or ribbon.

11 Rethink bin liners

Use up old plastic bags as bin liners, but once you run out you could line your bins with kitchen roll or newspaper instead. Compost or freeze any 'wet' scraps until bin day.

12 Make your own sugar scrub

Using just sugar and spices you probably have in the cupboard, make your own sugar scrub that will leave your skin moisturised and glowing. Look online for easy recipes.

13 Change your laundry habits

Changing how you do laundry can reduce the amount of microfibres that are shed by your clothes. Microfibres enter the ocean from our clothes and are eaten by marine life. Wash at 30 degrees and swap from washing powder to liquid to keep microfibre loss low.

14 Grow your own herbs in old plastic bottles

Finished with your plastic shampoo bottles? Wash the bottles thoroughly and dry well. Next, remove the label from the bottle and using a knife or scissors cut them in half. Add some potting soil and some seeds or cuttings from your herb of choice, pop in a sunny spot, keep them well watered and wait for them to flourish.

15 Switch from plastic disposable razors

Switch to steel razors and blades, you'll be able to use it over and over and these produce less waste than plastic ones that you can only use a few times.

16 Support local plastic-free shops

Are you lucky enough to live near a zero-waste shop? If so, supporting them will make a huge positive impact on the plastic-free movement.

Follow the hashtag [#PlasticChallenge](#) for even more plastic-free living ideas.