



# SUSTAINABLE

## swaps

### Mesh Produce Bags



### Plastic Bags

Mesh bags are a cheap, reusable, and sustainable option for storing & packing your fresh produce whilst you shop. These affordable, environmentally friendly bags are easy to clean and are super lightweight which means they are no hassle to carry around when grocery shopping.

### Tree-free Paper Towel



### Paper Towels

Tree-free paper towel like bamboo are affordable and easy to get a hold of as the major supermarkets stock these options, which leaves no excuses when purchasing to make the sustainable choice.

### Beeswax Food Wrap



### Plastic Food Wrap

These environmentally friendly food wraps are a great gift idea for those friends who are organised and bring their own lunch or meal to work or university. There is a diverse range of designs which gives you plenty to choose from, they are also very easy to clean and use.

### Metal Straw



### Plastic Straw

Metal straws come in a variety of sizes whether it be for a smoothie, bubble tea or soft drink, you can find the one you need. They come with a pipe cleaner which makes them very easy to keep clean and are quite often dishwasher safe. They are a great gift idea for friends and are available at all the major retailers plus independent stores and of course online.

### Reusable Coffee Cup



### Paper Coffee Cup

Most single use coffee cups cannot be recycled and end up being thrown into landfill. So, if you are a coffee lover and need that daily caffeine hit then purchase yourself a reusable coffee cup. These are easily accessible to purchase, and come in stainless steel, or recycled waste.

### Bamboo Utensils



### Plastic Utensils

Getting yourself a set of bamboo utensils is easy, affordable and a cost-effective way to save money in the long term especially if you are someone who regularly brings meals to university or work. You can pick up yourself a kit of bamboo utensils from any major supermarket. Save the unnecessary use of plastic cutlery and invest in a bamboo utensil kit.





# SUSTAINABLE

## swaps

### Reusable Shopping Bag



### Plastic Bags

Nearly every shop you enter, they will have a variation of a reusable shopping bag that you can purchase. These are a long-term sustainable option for you to invest in as they will take a lot more wear and tear than the cheap plastic ones you can get for 10c. Just remember to bring them with you when you go shopping or as a trick leave one or two in the car in case you're in a rush and make the spontaneous trip to the shops.

### Bamboo Toothbrush



### Plastic Toothbrush

Bamboo toothbrushes are an affordable and sustainable alternative to help reduce the number of plastic items in your bathroom. This compostable bamboo brush is available at major retailers for a very affordable price plus available at many other independent retailers along with availability online as well.

### Cloth Napkins/Handkerchiefs



### Paper Towels/Serviette

A cloth napkin has multiple purposes. It can be a tissue, hand towel, napkin, and snack saver plus more. These can be purchased nearly anywhere and are super easy to carry as they fit neatly into your pocket. They can also be cleaned easily, either soaked in soapy water or put in the general wash with the rest of your washing.

### Reusable Bottles



### Plastic Water Bottles

Reusable bottles are available for purchase at all the mainstream supermarkets and retailers along with many independent retailers as well. They vary in price depending on the level/type of bottle that you want to purchase but there are very affordable options, nonetheless. Make sure your reusable bottle is not a form of hard plastic.

### Bulk Buying



### Pre-Packaged Food


By buying in bulk you limit your consumption of purchasing products in plastic bags/packages and save yourself some money in the process. Rather than the weekly purchase of 1-2 servings, buy large portions that can be stored in mason jars or clipped. This choice reduces plastic in the home and in landfill.

### Second-hand Clothing



### New Fast Fashion

Rather than consuming the current in fashion brands and new season lines think about perhaps visiting a second-hand store or a charity shop to see what they might have. You will be surprised with what you can find in these stores and for a fraction of the price you would pay for brand-new clothes. So, save yourself some dollars and help the environment by preventing wearable items going into landfill.







# SUSTAINABLE

## swaps

### Compost



### Landfill

Composting is a very easy and simple way to limit your contribution towards landfill. Food scraps and yard waste can help create nutrient rich soil which you could then use to grow your own food at home. Just remember that if it came from nature then you can put it back in nature.

### Twist Ties/Elastics



### Tape

Saving anything from elastic bands or clips to twist ties is a great way to cut down on your use of tape which is made of many chemicals which cannot biodegrade. Use these elastics and ties to seal your food or hold paperwork together.

### Mason/Tin Jars



### Plastic Containers

Mason and tin jars offer such a versatile range of uses from food storage, drink cups, or a contained meal. These are easy to obtain and offer so many possibilities for use, all it takes is a little creativity and thinking outside the box.

### Tea Leaves & Strainers



### Tea Bags

Making the switch to loose tea leaves and a tea strainer is a good way to avoid the toxins, pesticides and dioxins that are in the paper tea bags. This swap is one for your personal health as you can help avoid consuming any potential toxins that may be released from the paper tea bag by using a stainless-steel tea strainer.

### Reusable Face Cloths



### Face Wipes

Some face wipes can take up to 100 years to break down in landfill so making the switch to cotton cloths or bamboo wipes is the smart alternative. These can be simply rinsed with water before throwing into your washing. Isn't it awesome how the environmental option is saving you money too?

### Snack Containers & Washable Bags



### Plastic Bags & Snap Lock Bags

Rather than taking your snacks to university or work in a snap lock bag or plastic bag think about investing in some snack containers or washable bags. These are a super simple way to cut down on your soft plastics consumption and save you constantly buying snap lock bags.

