

How to use:

These tips are here to help you continue along your less plastic journey. Either begin in the current month, or get started wherever you fancy. Check out the price guide for an indication of how costly each tip is likely to be.

-  Food / drink
-  Cleaning
-  Hygiene
-  Shopping

January

1

Tackle one room at a time
Attempting to reduce plastic throughout the whole house at once is overwhelming and unmanageable. Instead address each room individually. The bathroom is a great place to start.

FREE

2

Plan your purchases
Plan your weekly meals to make a supermarket shop less wasteful. Knowing exactly what you're going to eat can prevent the need to throw out gone-off produce.

FREE

3

Refillable water bottle
These are great to refill at home or on-the-go. It only takes a few refills before you begin saving money you would've spent on bottles of water.

££

4

Remove stubborn smells
Spoon 3-4 tbsp bicarb of soda into the foot of an old pair of tights, tie a knot in the end. Put in a shoe cupboard to remove all stinky odours.

£

February

5

Don't buy cleaning cloths
Cut up old clothes or towels that aren't good enough to pass on or donate and turn them into cleaning cloths / rags.

FREE

6

Use what you have
Buying less, saving money and being more resourceful with what you have is the best way to avoid waste. Use up all your toiletries before you buy alternatives.

FREE

7

Choose loose produce
Most larger supermarket stores offer a range of loose produce including potatoes, carrots, broccoli, apples etc.

£

8

Keep reusable bags handy
Always take reusable bags on supermarket trips. Keep some in your car boot or near the front door for impromptu shopping jaunts.

FREE

March

9

DIY cleaning products
Try mixing vinegar, water, lemon and bicarb of soda for a natural cleaner that works a treat... and keeps plastics, toxins and costs down.

£

10

Don't buy shower gel
Long live the soap bar! They often last much longer than bottles of shower gel and you can find brands that have no plastic packaging.

£

11

Buy milk in glass bottles
Get your milk delivered to your door in glass bottles. Alternatively, buy bigger bottles, decant the milk into smaller bottles and freeze them.

££

12

No such thing as away
Whenever something has come to the end of its life and you throw it in the bin, think about where it will ultimately end up: it won't simply disappear.

FREE

13

Reusable period products
For those who have periods, invest in a menstrual cup, washable pads or period knickers, to say goodbye to period plastic.

£££

April

14

Save soft- fruit punnets

Reuse them as seed trays (or use cardboard toilet roll tubes) for planting seedlings instead of small plastic pots.

FREE

15

Buy in bulk

Find a refill shop where you can take your own pots and jars to refill with dried goods. Shopping in refill shops is often more cost-effective.

££



16

Use the free Refill app

Use it to find nearby places to refill your water bottle, coffee cup or lunchbox, and find plastic-free shopping options.

FREE



17

Find like-minded people

Local community groups can connect you with amazing projects. Look for Plastic Free Communities, Refill Schemes or local Greenpeace groups.

FREE

Follow us on socials:



@EverydayPlastic



@PlasticEveryday



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May

18

Pick your own

Visit a pick your own farm, bring a pot and harvest your own berries to avoid plastic punnets.

££



19

Scrap shampoo bottles

Opt for solid shampoo bars that come without any plastic packaging. If shampoo bars aren't for you, save your empty bottles and refill them instead.

££



20

Clean your drains

Pour a good dose of bicarb of soda down the drain, followed by vinegar. Leave for 10-25 mins then pour boiling water down the drain.

£



21

Reuse takeaway boxes

Use them to take your sandwiches to work or to freeze leftovers in for those evenings where you haven't got time to cook from scratch.

FREE



22

Update your wardrobe

Clothes swapping with friends is a great way to keep your wardrobe fresh and save money, while avoiding fast fashion and plastic packaging.

FREE



June

23

Reduce what you use

The best way to make recycling more effective is to reduce the amount of single-use plastic that is produced, used and thrown away.

FREE

24

Try homemade rinse aid

Simply pour white vinegar into the rinse-aid compartment of your dishwasher. So easy!

£



25

Buy a reusable coffee cup

Even cardboard disposable cups are lined with plastic, making them hard to recycle. Also, many cafes offer a discount for those bringing their own cup.

££

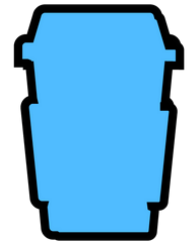


26

Make non-dairy milk

Homemade oat milk is so quick and easy to make. Check out our blog for the recipe.

££



July

27

DIY homemade ice lollies

Make your own ice lollies in reusable freezer moulds. They're quick and easy and you can create any flavour you can imagine.

£



28

Lose the wet wipes

Use washable cloths to wipe kitchen or bathroom surfaces. Carry wet flannels in a box instead of wet wipes for babies and toddlers.

£



29

Use a tea-towel

A great way to wrap up your sandwiches for a picnic or to take to work.

FREE



30

Avoid hotel mini-toiletries:

Take your own refillable bottles for toiletries when going on holiday. Those tiny bottles will only be used once before they are thrown away.

£



August

31

Avoid takeaway cutlery

Raid the cutlery drawer at home and take what you need (don't be fooled into thinking you need to buy a bamboo spork!).

FREE



32

Keep over-ripe bananas

Peel, chop and freeze them. They can then be used in smoothies or cakes. Soak the peels in water before watering plants for a boost of nutrients.

FREE



33

Know what goes in the bin

Make appropriate change just by understanding what goes into your bin. Find out how much of what you're using ends up getting recycled, exported, incinerated or landfilled.

FREE

34

Get rid of biro

Pencils are perfect (just make sure you have a pencil sharpener to hand!).

£

35

Share the love

If you're at the checkout and have a spare bag, give it to the person behind you if they don't have one.

FREE

September

36

Reuse those jam jars

They're perfect for making a quick salad dressing, storing your spices or for trying your hand at fermenting.

FREE



37

Don't bin soft plastic bags

Reuse bread and cereal bags as sandwich or freezer bags. Use them as small bin liners, or if you're a dog owner, take them on walks for dog-poo collection.

FREE

38

Write to your local MP

Ask them to do more to tackle the problem of single-use plastic in your community and to promote accessible refill and reuse systems.

FREE

39

Reduce snack wrappers

Try making your own flapjack. Ask the cafe for that brownie simply in a napkin. Buy a big packet of crisps and share into individual portions.

£



For more tips, head to our website:
everydayplastic.org

EVERYDAY PLASTIC

52 ways to reduce your plastic

October

40

Don't chuck food scraps

Make a stock or compost them. You can also eat many parts of veggies that often get binned, by roasting or frying them into delicious snacks or sides.

FREE



41

Give your laundry a boost

Add 200g bicarb of soda to a washing load. Whites and colours will come out brighter as it helps balance the pH levels to get clothes cleaner.

£



42

Avoid new, novelty outfits

For annual events, such as Halloween, look in your own wardrobe, wear last year's outfit or check out the charity shops for a ghoulish find.

£



43

Opt for pick & mix

Don't choose individually wrapped sweets, go for those sold loose in boxes or jars, or take your own container for pick & mix.

£



44

Ditch the clingfilm

Put a plate on top of a bowl of cut vegetables or leftovers in the fridge, to keep them fresh.

FREE



November

45

Avoid Black Friday

Don't be consumed by consumerism. Think carefully before buying and ask yourself: Do you need it? Can you afford it?

FREE



46

Buy in bulk online too

Rather than shopping little and often. This not only saves on packaging, but travel miles and petrol too.

££



47

Think about packaging

Swap bubble wrap for reused tissue or newspaper. It's cheaper and creates less waste at every stage.

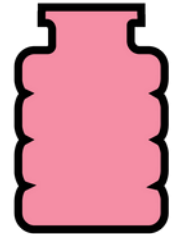
FREE

48

Bring your own pot

Ask at the meat or fish counter of your supermarket, butcher or fishmonger to serve your items into your reusable container.

FREE



December

49

Avoid new Xmas jumpers

Swap silly jumpers with a friend or find a bargain on eBay or Vinted. You could even decorate a jumper you already own.

FREE



50

Don't buy wrapping paper

Much wrapping paper contains plastic. Save wrapping paper from other gifts. Or use newspaper or Who Give A Crap toilet roll wrappers.

FREE

51

Check your tea bags

Many tea bags contain plastic and come wrapped in plastic. Avoid this by buying boxes of tea bags or loose-leaf tea instead.

£



52

Don't forget your bags

If you do, just grab a box from the supermarket shelves and recycle or reuse it when you get home.

FREE



bonus!

Keep it simple & manageable

Remember that small changes do add up.

We don't need a handful of people doing zero waste perfectly. We need millions of people doing what they can to live a less plastic life.

FREE