



PLASTIC FREE JULY  
2018 COFFS HARBOUR

# A - Z Swap List

## Single-use item

## Alternative

Bin liner	Line bins with newspaper + food scraps straight into green bin
Body wash	Bar of soap or make your own liquid soap
Cleaning products	Make your own
Deoderant	Make your own
Doggy poo bags	Folded newspaper or used mushroom bags
Coffee cup	Reusable coffee cup or request no plastic lid
Cupcake liners	Silicone or paper paddy cake liners
Cutlery (takeaway)	Keep bamboo / stainless steel cutlery in your bag
Food wrappers	Choose brands with less packaging / shop at bulk food stores
Fruit and veg	Choose unwrapped / unpackaged produce
Fruit / veg produce bags	Use no bag / reusable cloth bag / reusable paper bag
Gladwrap	Beeswax wraps / reusable container / foil
Hair brush	Wooden or bamboo brush and bristles
Milk	Look for milk in glass bottles
Nappies	Reusable cloth nappies
Pasta	Make your own or buy in paper box / from a bulk store
Plastic bag	Arms / box / reusable bag
Plastic drink bottle	Reusable bottle
Razors	Refillable metal razor
Sponges (kitchen / body)	Compostable / bamboo dish and body scrubbers
Straw	No straw / washable bamboo or steel straw
Sanitary pads / tampons	Washable pads or reusable menstrual cup
Shampoo / conditioner	Make your own / solid shampoo and conditioner bars
Takeaway containers	BYO container or jar when buying takeaway food
Toilet paper	Buy toilet paper wrapped in paper
Toothbrush	Bamboo / wooden toothbrush
Toothpaste	Make your own

Find fun and easy DIY recipes on the Toolkit page of the website below.

[www.ourlivingcoast.com.au/  
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