

LOW WASTE

CHALLENGE



USE A REFILLABLE STAINLESS STEEL WATER BOTTLE

USE A REUSABLE COFFEE CUP/THERMOS (EVEN WHEN BUYING COFFEE)

GET A LIBRARY CARD - BORROW BOOKS & MAGAZINES INSTEAD OF BUYING

USE A BAMBOO TOOTHBRUSH INSTEAD OF A PLASTIC ONE

SAY NO TO FREE PROMO ITEMS, IT'S USUALLY CHEAP & BREAK EASILY

USE BAR SOAP INSTEAD OF LIQUID - LESS PACKAGING

USE REUSABLE SHOPPING & PRODUCE BAGS

SUPPORT YOU LOCAL FARMERS MARKET

PLAN MEALS TO AVOID FOOD WASTE

COLLECT & RE-PURPOSE RAIN OR GREY-WATER

HAVE YOUR SHOES & CLOTHES REPAIRED INSTEAD OF BUYING NEW

ALWAYS RUN A FULL LOAD IN THE DISHES & CLOTHES

FOCUS ON EXPERIENCES INSTEAD OF THINGS

GET ALL YOU BILLS ELECTRONICALLY

JOIN A CARPOOL OR USE PUBLIC TRANSPORT

PLANT A GARDEN - EVEN IF IT'S SMALL

CARRY YOUR OWN REUSABLE STRAW

USE LESS OF EVERYTHING IN GENERAL (TOOTHPASTE, SHAMPOO ETC.)

DON'T IMPULSE SHOP, THINK ABOUT WHAT YOU REALLY NEED

AVOID PALM OIL AS MUCH AS YOU CAN

RE-PURPOSE - GET CREATIVE WITH THING YOU DON'T USE ANYMORE

PACK YOUR OWN LUNCH IN A REUSABLE CONTAINER