



# PLASTIC FREE JULY

## 31 Day Challenge

1  
Sign the petition to end single-use plastic

2  
Do the #plasticfreeshop challenge

  
3  
Say no to plastic lids

4  
Decline a plastic straw

  
5  
Use a bamboo toothbrush

6  
Do a beach clean up


  
7  
BYO reusable bag

  
8  
BYO cutlery

  
9  
BYO takeaway containers

  
10  
Choose a reusable drink bottle

11  
Make your own personal care products

  
12  
Switch to bar soap instead of liquid soap

13  
Buy from bulk food stores

14  
Recycle your old mobile phone

  
15  
Choose plastic free produce

16  
Try reusable food wrap

17  
Use bamboo cotton buds

  
18  
Sign the global petition to end plastic pollution

19  
REDcycle your soft plastics


20  
REUSE, REUSE, REUSE!


21  
Choose natural fabrics  


  
22  
Shop ReefCycle sunglasses  
(See below for info)

23  
Slow down and eat-in

  
24  
Choose a recycled plastic phone case

25  
Choose a pencil over a pen  


26  
Skip plastic-bottled drinks  


  
27  
Take your own bread bag to the bakery

  
28  
BYO cloth produce bags to supermarket

29  
Give old plastics a new life

30  
Make your own newspaper bin liner

  
31  
Switch to steel or bamboo pegs