

LOW PLASTIC TIPS & TAKE-AWAYS

food & drinks

Whenever possible ...

- ☐ Choose whole fruits & vegetables, without plastic packaging.
- ☐ Wash all fresh food well before cooking.
- ☐ Limit ultra-processed foods. More processing equates to greater potential plastic exposure.
- ☐ Choose to refuse plastic bottled water and soft drinks.
- ☐ Avoid products in small, individual packages, such as sweets, crisps, cheese sticks/slices, muesli bars, dips.
- ☐ Never reheat food in plastic. Use a ceramic bowl or heat-proof glass dish, with a plate on top.
- ☐ Ditch single-use coffee cups and enjoy your drink at the cafe, or byo ceramic or stainless steel cup.
- ☐ Choose larger quantity items, such as a 1kg yoghurt tub, to minimise plastic to product ratios.
- ☐ Before eating, thoroughly rinse food that comes out of a plastic container or can.
- ☐ Try to minimise individually packaged baby food - choose products in glass jars or home made options.
- ☐ If you use a meal-kit delivery service, choose one that minimises plastic packaging.
- ☐ For pantry items, look for food in glass jars or cardboard boxes (without a plastic lining).

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kitchen

- ☐ Swap all plastic cooking utensils and chopping boards for wooden or stainless steel options.
- ☐ Swap cling film for tin foil, beeswax wraps, cotton food bags, or a ceramic plate to cover food.
- ☐ Plastic water bottles with plastic straws can be swapped for stainless steel screw-top alternatives.
- ☐ Audit your plastic containers and start replacing them with glass, ceramic or steel.
- ☐ Check your kettle (and other appliances) for internal plastic parts. A stainless steel kettle is a good alternative.

home

- ☐ Vacuum floors and remove dust from surfaces as often as practicable.
- ☐ Avoid buying plastic toys, milk bottles and teething rings for babies and toddlers.
- ☐ Try shampoo and soap in solid bars instead of plastic bottles.
- ☐ Read labels on clothing, sheets and soft furnishings. Opt for natural materials, like cotton, hemp or wool; avoid polyester.
- ☐ Plastic dental products (floss, toothbrushes) can be switched for bamboo alternatives.

community

- ☐ Talk about PERTH Trial research with family members and friends and why you're choosing low-plastic.
- ☐ Participate in community movements such as Plastic Free July, or start your own 'Plastic Free Fridays' tradition at home or work.
- ☐ Talk to store owners and contact your favourite brands to request their packaging be plastic-free.