

20 Ways to Reduce Plastic Use at Home

We need to try to reduce the amount of plastic that we use. Try some of these ideas to cut your 'plastic footprint'.



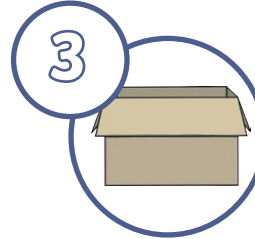
1

Reusable
Water Bottle



2

Storing
Leftovers



3

Better
Packaging Choices



4

Reusing
Plastic



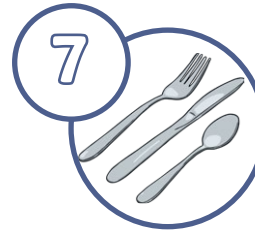
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Shop Locally



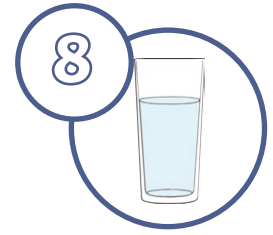
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Reusable
Lunch Boxes



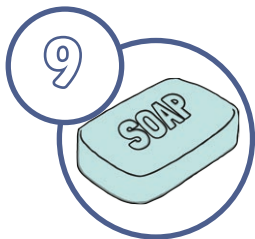
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Reusable
Cutlery



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Filtered Water



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Solid Toiletries



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Cloth Nappies



11

Refillable
Coffee Cup



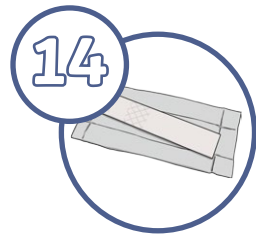
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Homemade
Cleaning Products



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Reusable
Shopping Bags



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Say No to
Chewing Gum



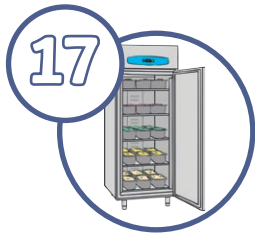
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Glass
Milk Bottles



16

Bulk Buy



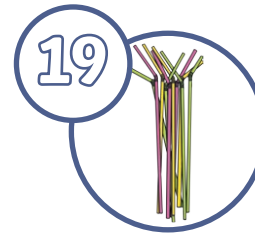
17

Reduce
Frozen Food



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Loose
Groceries



19

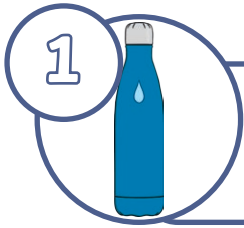
Say No to
Plastic Straws



20

Avoid
Microbeads

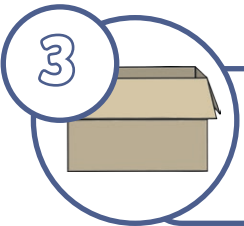
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Carry a reusable water bottle.



Reuse plastic tubs for storing leftovers.



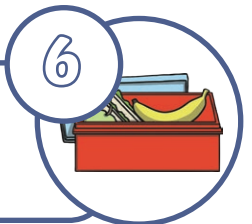
Try to choose items packaged in cardboard or glass, rather than plastic.



Recycle any plastic you do use – see '[16 Things to Make and Do with Your Recycling](#)'.



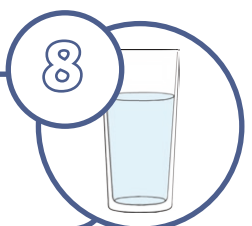
Farmers' markets, local greengrocers and butchers are more likely to take back plastic containers or refill them for you.



Invest in reusable plastic boxes and tubs for packed lunches.

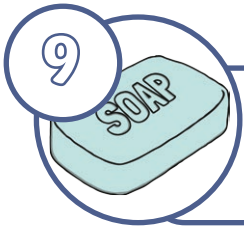


Say no to plastic cutlery, plates and bowls for parties and when eating out. If you need to use cutlery on the go, invest in a set of camping cutlery.



Invest in a filter jug or a water bottle with a built-in filter, instead of buying plastic bottles of mineral water.

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Buy and use solid soap and shampoo rather than the liquid type.



Use cloth nappies rather than disposable ones.



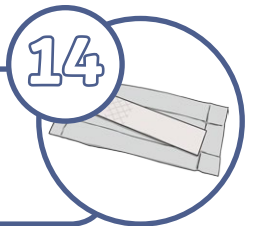
Take your own refillable cup to the coffee shop.



Make your own cleaning products from natural materials – see '[How to be Green When You Clean](#)'.



Replace plastic bags with hessian or fabric bags instead. Always keep a shopping bag in your bag or in the car.



Give up chewing gum.



Get your milk delivered. The glass bottles can be washed and returned.

20 Ways to Reduce Plastic Use at Home

16



Buy foods like pasta and rice in bulk – it's cheaper too!

17



Reduce the amount of frozen food you buy – it is usually packaged in plastic or plastic-coated cardboard.

18



Buy fruit and vegetables loose, rather than packaged.

19



Boycott plastic straws – even when you're out and about.

20



Don't buy facial and body scrub products that contain microbeads.