

WASTE-FREE INSPIRATION

Here's a list to get you started on living a more environmentally-conscious life at the markets, in the home and beyond.

ONLINE SHOPPING

Sometimes we can't find handy waste-free items locally. Here are good some online stores (hint: if you use something often, ask your local store to stock it!).

- biome.com.au
- ecolosophy.com.au
- goinggreensolutions.com.au
- shopnaturally.com.au
- buyecogreen.com.au



CAFÉS THAT GIVE YOU AN INCENTIVE TO BYO CUP

If you're looking for a café in Alice Springs where you can bring your own reusable cup and get a discount, they are all listed at www.responsiblecafes.org. If you forget your cup, treat yourself by sitting down in a café.

LOCAL SHOPPING

Keep an eye out for bulk foods and goods at your local shops, and remember to take your reusable containers and bags for your shopping trips. It's a good idea to leave some reusable shopping bags in the car, just in case!



HELPFUL HINTS ON REDUCING PLASTIC

Here are some organisations that provide great inspiration to lead a low-waste lifestyle:

- boomerangalliance.org.au
- boomerangbags.org
- cleanupaustraliaday.org.au
- coolmob.org (NTlocal)
- ecnt.org.au (NTlocal)
- facebook.com/WastefreeNT
- plasticfreejuly.org
- loveyourleftovers.nsw.gov.au
- take3.org.au
- therogueginger.com



GOOD READS AND MOVIES

Prepare to go on a great learning journey with the help of these resources:

TV: War on Waste Australia

Movie: therogueginger.com/2014/09/plastic-movies.html

Trivia: Plastic Pollution Solutions

Book: Plastic Free: How I Kicked the Plastic Habit, by Beth Terry

Book: Zero Waste Home by Bea Johnson

Book: Waste Not by Erin Rhoads

Blogs: Zero Waste Bloggers Network



Here are some non-plastic alternatives to everyday items!

- * bamboo or metal reusable cutlery with a cutlery holder
- * washable travel cups, plates and straws
- * stainless steel or bamboo pegs
- * reusable drink bottle - or a thermos for the winter!
- * metal tiffin boxes or obento-style lunchboxes
- * toothpaste pellets and bamboo or cornstarch toothbrushes
- * washable cloth nappies
- * waste-free sanitary products - menstrual cups, period underwear

And a few you can even make yourself...

- * crochet your own dishcloth!
- * make beeswax wrap to cover food
- * produce and shopping bags
- * cloth makeup pads
- * reusable snack bags



GET INVOLVED

1. Become a member or become a volunteer for the Arid Lands Environment Centre
2. Join Zero Waste Alice Springs to support the implementation of a Wash Against Waste trailer.

Contact: Jasmine Story, Community Engagement, Arid Lands Environment Centre.

Phone: 08 8952 2497

Email: community@alec.org.au

www.alec.org.au



WASTE FREE NT



**Arid
Lands
Environment
Centre**

