



Waste Checklist

Easy

- Use a keep cup for your daily coffee. If you forget your cup, make the time to drink your coffee at the cafe
- Take a reusable water bottle when you go out
- Use reusable shopping bags
- Take home-made snacks/sandwiches/meals when you are on the go to reduce the need to buy plastic-wrapped items
- Use waxed cloths to keep food fresh
- If you drive to the shops, keep reusable shopping bags in the car and remember to take them with you!
- Bring your own container when getting take-away meals
- Use your own reusable fruit/vegetable bags or shop at a store that provides them
- Say no to straws
- Avoid coffee pods, or use reusable pods
- Avoid teabags (especially those that contain plastic) and use loose-leaf tea
- Buy the 'imperfect' produce
- Use shampoo bars rather than shampoo in plastic bottles
- Swap to rechargeable batteries
- Pick up rubbish on the beach, or anywhere, when you see it
- Reuse wrapping paper and packaging
- Dine in rather than take away
- Use towels, sheets, clothes etc to pack fragile items when moving (as opposed to bubble wrap) etc.

Moderate

- Buy products with no/minimal packaging
- Buy coffee from a Responsible Cafe
- Give gifts that are reusable and have no plastic packaging and minimal other packaging
- Cook from scratch and reduce packaging
- Make up a system that suits you to remember your reusable coffee cup and water bottle so you've always got it with you
- Stockpile plastic wrapping/bags/clingwrap and recycle in the Coles / Woolworths recycle bins