

# My challenge choices

## GETTING STARTED

**CHOOSE TO REFUSE**  
SINGLE-USE PLASTIC  
[PLASTICFREEJULY.ORG](http://PLASTICFREEJULY.ORG)

| WHAT TO AVOID                                   | HOW TO AVOID IT  | YOUR IMPACT |          |                | <input checked="" type="checkbox"/> YES I'LL DO THIS |
|---|--|-------------|----------|----------------|--|
|   |  | OCEAN       | LANDFILL | GLOBAL WARMING |  |
| Fill your bin with plastics for 'recycling'     | Avoid as much plastic packaging as you can   |             |          |                | <input type="checkbox"/>                             |
| Pre-packed fruit and veg                        | Choose loose products (skip the little plastic bag or put in a reusable bag)   |             |          |                | <input type="checkbox"/>                             |
| Lightweight plastic bags                        | Remember your reusable shopping bags or use a cardboard box  |             |          |                | <input type="checkbox"/>                             |
| Pre-packed meat or fish                         | Shop at the deli counter or butcher or fishmonger for paper wrapped cuts or BYO reusable container   |             |          |                | <input type="checkbox"/>                             |
| Takeaway drink straws                           | Refuse plastic straws (or opt for a paper straw if they have them). BYO reusable straw   |             |          |                | <input type="checkbox"/>                             |
| Takeaway coffee cups                            | Bring your reusable cup or sit and enjoy a real cup  |             |          |                | <input type="checkbox"/>                             |
| Takeaway utensils and containers                | Support vendors offering compostable alternatives (bamboo or card), BYO reusables or sit and enjoy 'dine-in'   |             |          |                | <input type="checkbox"/>                             |
| Bottled water                                   | Fill a reusable bottle from the tap  |             |          |                | <input type="checkbox"/>                             |
| Bottled soft drinks                             | Reduce the amount (helps your health), or make your own with a soda maker/ carbonator or choose glass bottles (and recycle)                          |             |          |                | <input type="checkbox"/>                             |
| Bin liners (or 'reusing' plastic shopping bags) | Have a sealed container for 'wet' scraps and compost or freeze until bin day. Line the kitchen bin with paper  |             |          |                | <input type="checkbox"/>                             |
| Plastic food wrap for leftovers and sandwiches  | Use a reusable lunch box to store food, store food in containers or use beeswax wraps  |             |          |                | <input type="checkbox"/>                             |
| Littering: cigarette butts, balloons            | Dispose of cigarette butts in the bin (they are plastic and wash into the ocean environment) Avoid releasing balloons (what goes up, must come down) |             |          |                | <input type="checkbox"/>                             |