



Plastic Free July Tips

- 1. Bring Your Own (BYO) Bags:** Always carry reusable bags for shopping to avoid plastic bags. Create your own from old t-shirts, coffee sacks, or fabric scraps to upcycle and reduce waste.
- 2.**
- 3. Ditch Single-Use Plastics:** Say no to plastic straws, cutlery, and water bottles. Choose sustainable alternatives like metal straws and reusable water bottles, often found at secondhand shops. Keep spare containers in your bike or car for unexpected needs or takeaways.
- 4. Choose Package-Free:** Purchase fruits, vegetables, and bulk items without packaging. Use cotton mesh bags for loose produce. Visit farmers' markets and stores like Piko. Did you know, one reusable bag from a supermarket can save about 1,000 plastic bags over its lifetime?
- 5. DIY Cleaners:** Make your cleaning products using simple ingredients like vinegar, baking soda, and essential oils to reduce plastic packaging waste. Consider bulk buying from places like Will & Able or try these easy recipes:
 - All-Purpose Cleaner: Mix equal parts vinegar and water in a spray bottle. Add a few drops of essential oil (like lemon or tea tree) for a fresh scent.
 - Scouring Scrub: Combine baking soda with a few drops of lemon essential oil. Use this mixture to scrub sinks, countertops, and stovetops.
- 6. Shop Secondhand:** Explore thrift stores and secondhand shops for clothing, furniture, and household items to minimize plastic packaging and support reuse. Consider using handkerchiefs and wrapping gifts with fabric instead of paper.
- 7. Kitchen items:** Replace plastic wrap with reusable beeswax wraps to cover food and leftovers. Make them at home with fabric and beeswax pellets – simply melt, dip, and let dry! Opt for silicone baking mats for eco-friendly baking.



8. **Reusable Coffee Cups:** Carry a reusable coffee cup for your takeaway coffees to avoid disposable cups and reduce waste. Visit cafes like Riverlution Cafe that offer cup libraries.

9. **Pantry:** Buy local like Bin Inn. Consider joining an organic co-op like Ceres for dried foods and pantry staples. Buy meat at Premium Games instead of supermarkets as it is also meat that is registered as a pest in NZ

10. **Choose Bar Soap or Refill:** Opt for bar soap instead of liquid soap in plastic bottles or Look for local handmade options or refill at stores like

11. **Reusable period products** - attend Para Kore Ikura for more information

Tuesday, November 19th 6 pm - <https://www.facebook.com/share/jGeHGYBzz5ih7qfQ/>

12. **Sunscreen** - Moogoo brand or try making your own, I have not yet done it.

13. **Bring Certain Waste Materials to Riverlution:** Collect specific waste materials like yogurt pots (#2 plastic) and milk bottles (#5 plastic) smaller than a yogurt pottle for recycling. Food carton beverages, chip packets, aluminium and steel, colgate oral care and razors; see the link for the handout

<https://richmondcommunitygarden.co.nz/project/riverlution-precious-plastic/>

Implement this new habit for Plastic Free July and encourage your network and whānau to join in!

14. **Food Waste:** Composting, worm farms, bokashi, bring it to Richmond Community Garden; keep veggie scraps to make broths

Mahi Wairākau | Composting Wānanga - Para Kore - Thursday, October 6 pm 3 rd
<https://www.facebook.com/share/GvH8ovfMNfK6CYyg/>



Compost Workshop Kai Compost - Saturday, December 7th 10.30 am
<https://www.facebook.com/share/GQk8xpv1MucT5jyz/>

15. Participate in a beach or street clean or neighbourhood clean-up

16. Attended Repair Revolution event to fix your broken Bits and bobs, Recycle old phones and e-waste, and learn mending & sewing skills - Every Third Tuesday from 5.30 pm - 7.30 pm or International Repair Day/Spring Fair October 19th

Recipes:

DIY Deodorant Ingredients:

1. 3 tbsp coconut oil
 2. 2 tbsp shea butter
 3. 3 tbsp baking soda
 4. 2 tbsp cornstarch
 5. Optional: 10 drops of essential oil (like lavender or tea tree, geranium)
- Instructions:
 1. Melt coconut oil and shea butter in a double boiler until fully melted.
 2. Remove from heat and stir in baking soda, cornstarch, and essential oil.
 3. Pour mixture into a clean, empty deodorant container or a small glass jar.
 4. Let it cool and solidify at room temperature. Use as you would regular deodorant.

DIY Toothpaste:

5. ¼ cup coconut oil
 6. 2-3 tsp baking soda
 7. 1-2 tsp arrowroot powder
 8. 1-2 drops of essential oil (peppermint or other, optional)
- Instructions:
 1. Mix coconut oil and baking soda until well combined, you may need to melt the coconut if solid
 2. Add a few drops of peppermint essential oil, mix well.
 3. Add arrowroot powder to thicken the mixture if you prefer it to be less runny, add as you go until preferred texture
 4. Transfer the toothpaste to a small container and store it in cool, dry place.

Let's commit to reducing plastic waste together this Plastic-Free July!  