



# ZERO WASTE SWAPS CHECKLIST



**DON'T NEED** ✖

**SWAPPED** ✔

## IN THE BATHROOM

- reusable razor *← save the blades for recycling.*
- flannel
- bamboo toothbrush
- reusable sanitary ware
- no shampoo/bar
- soap bar
- bidet/wipes
- deodorant bar
- biodegradable floss
- biodegradable cotton buds
- biodegradable hair brush
- essential oil room fragrance
- biodegradable toilet brush

## IN THE KITCHEN


- reusable baking liners
- charcoal water filters
- washable napkins
- teatowels
- compost food scraps
- compostable scrubber
- wax wraps/tubs
- produce bags
- kilner jars
- meal planner
- cook from scratch
- freeze don't waste

## GROCERY SHOPPING

- shopping list
- reusable bags/ basket
- tubs and wraps
- refillable glass bottles
- local produce
- meat-free days
- buy in bulk

## OUT AND ABOUT

- support local
- cup from home
- fork from home
- water bottle
- takeaway tubs
- washable napkin *← handy for wrapping leftovers!*
- packed lunch

 an average size tree produces enough oxygen in a year to keep a family of four breathing!

## DAY TO DAY LIVING

- renewable energy supplier
- fairphone/ refurbished phone
- second hand/ ethical clothes
- walk/public transport
- fly less

- give preloved gifts
- plant trees
- grow your own
- use natural cleaners
- share the zero waste message!