

# 31 Simple Changes for Plastic Free July

Use this printable checklist to find ways to reduce single-use plastic.

Visit [boomerecocrusader.com/tag/plasticfreejuly/](https://boomerecocrusader.com/tag/plasticfreejuly/) for details and more tips.

1. **Replace plastic straws** with paper, metal or silicone
2. Switch to **unwrapped bar soap**
3. Take a **reusable water bottle** everywhere with you
4. Shop with **reusable bags**
5. Switch to **shampoo and conditioner bars**
6. Try **unwrapped deodorant bars**
7. Pack your own **travel toiletries**
8. Get some **biodegradable pet waste bags**
9. Make your coffee at home or use a **reusable travel mug** for your takeout
10. Shop at stores with **BYOC (Bring Your Own Container)** programs
11. Support restaurants that offer **sustainable takeout packaging**
12. Switch to **reusable produce bags** or buy your produce loose
13. Use **containers or silicone lids** instead of plastic wrap
14. Replace your plastic toothbrush with a **bamboo toothbrush**
15. Ditch **disposable plastic razors**
16. Pack your own **travel snacks** in reusable containers
17. Try **toothpaste tablets**
18. Use a **stain remover bar**
19. Refill your **printer ink cartridges**
20. **Brew your own iced tea** using loose leaf tea
21. Replace common beauty products with a jar of **coconut oil**
22. Pack your own **on-the-go reusable cutlery**
23. Use containers or **reusable sandwich or snack bags**
24. Replace your **plastic shower pouf** with a loofah, washcloth, or hemp scrubbing mitt
25. Make your own **DIY toilet cleaner**
26. **Skip plastic glitter** on greeting cards or when making crafts
27. Choose **natural fabrics** if you're buying new clothes. Better still, buy second-hand.
28. Research the **packaging and shipping policies** for your online purchases
29. Look for **paper or foil-wrapped candy**
30. Switch to **digital subscriptions** to avoid plastic-wrapped newspapers and magazines
31. **Bake your own** cookies, muffins or granola bars

