

Plastic Free July Bingo

How many of these small swaps can you complete throughout the month of July? Mark them off as you go.

BINGO

Take a refillable water bottle out with you for the day	Check your rubbish and recycling to make sure you are recycling as much as possible	Swap your disposable razors for a safety razor	Make your lunch and take it in a reusable container rather than buying food on the go
Watch 'A Plastic Ocean' on Netflix (1 hour 40 minutes)	Collect your plastic and make an eco-brick. Find out more here www.ecobricks.org	Take a reusable coffee cup the next time you get a take-away hot drink (or make your own at home!)	Plan a litter pick at a local park or beach (contact your council to borrow the appropriate equipment!)
Invest in some reusable straws and pack them in a bag when you go out for a meal or picnic	Watch the BBC Newsbeat Documentary 'Planet and Plastic: End of a Love Story?' bit.ly/plasticandplanet	Take reusable bags to the supermarket	Do you use sanitary products? If so, research and try reusable options. They are better for the planet and work out cheaper in the long run!
Go on a plastic-free picnic with friends or family and make all your food at home	Visit a local low-waste shop and purchase from them	Opt for loose fruit and vegetables at the shop, or even better, visit the green grocers!	When you finish your hand soap, shampoo or conditioner, switch to a low-waste alternative (like a bar of soap or shampoo bar)
When it is time to change your toothbrush, opt for a bamboo one instead of plastic	Create a poster for your school or local community to raise awareness of reducing the use of single use plastic	Swap clingfilm and foil for reusable food covers made from silicone or bees wax paper	Share your new habits with friends and family and encourage them to make changes too!

