**ZERO WASTE**

**AVOID REPLACE WITH COST SAVING**

**KITCHEN**

Clingfilm Beeswax wrap/fabric bowl covers

Tinfoil Silicone oven mat 🗸

Greaseproof paper Silicone oven mat🗸

Paper towels Cloth rags

Paper napkins Cloth napkins

Jay cloths Cloth rags

Sponge scourer Dish brush

Freezer bags Glass jars or produce bags

Sandwich bags washable cloth bags 🗸

Anti-bac spray Make own

Anti-bac wipes Cloth rags

Straws Metal/paper straws

Laundry powder Eco balls/soap nuts

Fabric conditioner Nothing!

Washing up liquid Make own (ecover?)

Tea bags Biodegradable bags/Tea leaves

Washing up gloves Biodegradable ones

Bottled water reusable water bottle

Plastic bottles Glass or canned beverages

Bin bags nothing! / newspaper liner

Plastic produce bags Washable produce bags 🗸

Food packaging Buy in bulk

Cleaning products Make own

Water filters Kishu charcoal sticks 🗸

Food containers Avoid takeaways & lunch stuff

Plastic cutlery Cutlery wrap (when eating out)

Takeaway coffee cups Reusable cup

Snack packaging make own snacks

Packets & tubs Make your own hummus, falafels, stock, rice, pesto etc

Packaging Make own bread?

Cereals Make own muesli & granola

Packaged fruit & veg Grow your own or forage!!

**BATHROOM**

Tampons Washable sanitary pads🗸/moon cup

Cotton wool balls Washable face pads🗸

Baby wipes Cloth rags

Face wipes Face cloth or flannel

Sponge Konjac sponge

Plastic toothbrushes Bamboo brushes🗸

Dental floss/picks Biodegradable bamboo

Shower gel Make own

Hand wash Make own/soap

Shampoo Soap?

Tissues Hankys/socks

Toilet roll Ecoleaf (not wrapped in plastic)

Toothpaste Paste jars?

Mouthwash make own

Sun cream Zero waste ones

Disposable razors Steel razor

Shower puffs Loofah

Deodorant Crystal

Cotton buds bamboo ones

Plasters Biodegradable ones

Make up zero waste brands

**CARD & PAPER**

Newspapers Read online

Magazines Read online, library or -ipad

Books Borrow from library or download to i-pad

Phone books & directorys Opt out

Catalogues return /unsubscribe

Junk mail Use a sign & mailing list removal service

Bills/statements Go paperless

Receipts Refuse or digital receipts

Wrapping paper Fabric or reuse

**MISC**

Reed diffuser Make own

Batteries rechargeable ones or use solar item instead

Sticky tape washi tape

Biros pencils

Tealights

Freebies refuse them!!!

Mobile phone recycle scheme, fairphone or don’t upgrade!

Firewood Full load delivery & collect twigs for kindling