



Plastic Free July® Calendar

31 Days of Ideas

Choosing one small step 	1 Using what we have 	3 Refusing plastic bags 	4 Ditching disposable cups
5 Avoiding bottled drinks 	6 Choosing plastic free packaging 	7 Avoiding pre-packed produce 	8 Avoiding plastic food wrap
9 Bringing reusable containers	10 Skipping the straw 	11 Plastic free celebrations	12 Swapping bottled soaps for bars
13 Avoiding plastic bin liners 	14 Choosing loose tea 	15 Choosing reusable utensils	16 Reducing plastic in the bathroom
17 Hosting a morning tea	18 Staying and enjoying	19 Making household cleaners 	20 Refuse, Reduce, Reuse, Recycle
21 Shopping in bulk food stores 	22 Reducing plastic when travelling 	23 Trying reusable period products 	24 Reducing plastic with pets
25 Choosing natural fibres 	26 Picking up litter	27 Making personal care products 	28 Switching to plastic free stationery
29 Choosing plastic free toys 	30 Learning more	31 Small steps, big difference	

Join millions of people worldwide choosing to refuse single-use plastic.