

# ZERO WASTE BASICS AND EASY SWAPS CHECKLIST

## Getting Started Basics :

- Reusable produce bags and containers
- Reusable water bottle
- Reusable coffee cup
- Reusable straw – metal, bamboo or silicone
- Bicarbonate of soda and white vinegar for cleaning products
- Glass spray bottle for cleaning
- Beeswax wraps
- Glass jars and other reusable containers



## Zero Waste Swap Checklist :

Currently Using	Swap To	Check
<b>KITCHEN</b>		
Aluminium Foil	Silicone Baking Mat	<input type="checkbox"/>
Cleaning products	Homemade cleaning recipes	<input type="checkbox"/>
Cling Film	Beeswax wraps	<input type="checkbox"/>
	Cloth bowl covers	<input type="checkbox"/>
	Plate over bowl	<input type="checkbox"/>
	Store in glass jar	<input type="checkbox"/>
Milk in cartons	Glass bottles from milkman	<input type="checkbox"/>
Paper towels	Reusable non paper cloths	<input type="checkbox"/>
Plastic wrapped fruit & vegetables	Loose fruit and vegetables	<input type="checkbox"/>
Plastic shopping bags	Reusable bags	<input type="checkbox"/>
Plastic straws	Reusable or paper straw	<input type="checkbox"/>
Sandwich bags	Metal lunchbox	<input type="checkbox"/>
	Reusable sandwich wraps	<input type="checkbox"/>
	Beeswax wraps	<input type="checkbox"/>
<b>BATHROOM</b>		
Cotton buds	Paper stem buds	<input type="checkbox"/>
Disposable razor	Safety razor	<input type="checkbox"/>
Make-up / Wet wipes	Reusable cotton pads or flannel	<input type="checkbox"/>
Plastic toothbrush	Bamboo toothbrush	<input type="checkbox"/>
Shower gel	Bar of soap	<input type="checkbox"/>
Shampoo	Shampoo bars	<input type="checkbox"/>
Toilet paper wrapped in plastic	Recycled or bamboo toilet paper	<input type="checkbox"/>
Toothpaste	Denttabs or powder toothpaste	<input type="checkbox"/>
<b>BEDROOM</b>		
Polyester bedding	Natural fibre bedding	<input type="checkbox"/>
Tissues	Handkerchiefs	<input type="checkbox"/>
New Furniture	Upcycled seconhand furniture	<input type="checkbox"/>