

plastic-free swaps



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plastic bags	cotton bags, straw baskets, backpacks. And if you don't have anything just ask if the shop has a used box you can take
single use plastic bottles	any reusable glass or stainless steel bottle. If you already own a BPA free reusable plastic bottle, use it as long as possible.
single use coffe / tea cups	reusable cup or a jar
plastic cutlery	home cutlery set or a reusable travel set, spork, chopsticks
straws	say "No straw please", reusable metal, glass or bamboo straw
single use plates, cups	normal plates, reusable bamboo set, wood or paper
candy, snacks	buy in bulk, packed in paper, metal or in a glass. Try to make more homemade snacks, power bars, cookies, chips,...
vegetables and fruits	local, organic and without packaging, Visit a local market or order weekly delivery of fresh products. If you have space for it start a garden.
plastic produce bags	skip the bag, bring cotton or mesh bags
nuts, beans, oats...	bulk or packed in paper
other packaged food	paper or glass packaging and try to make more food at home like bread, spreads, tortillas, pizza,...
deli products	bring reusable container
meat and dairy products	I can't give you an alternative for this, I can't support the cruelty. Please try to go vegan at least 1 day/week and slowly add more days, weeks, months, years. By going vegan we help the animals, lower our carbon footprint and help the planet.
palm oil	try to avoid unsustainably produced palm oil and go for sustainable one with CSPO certificate packed in glass.
work lunch	use jars or reusable containers to bring your lunch to work, smoothie or snacks.
restaurant leftovers	if you usually have some leftovers when eating out, bring your reusable container with you.
food waste	meal planning and improvising is the key, use what you have and freeze whatever is left. Avoid food waste and you will save the environment and money.
food scraps	if you have space for it build a compost for your food scraps. if not put them in bio bin if one is available in your area
soft and alcohol drinks	try to buy them in glass with metal top, they are recycle easier
paper towels in plastic	washable cotton kitchen towels, cut old T-shirts
tissues in plastic	washable cotton tissues, cut old T-shirts
baking paper	reusable silicone mat for baking. It's nonsticky and easy to wash. You can find molds for muffins, cakes, ...
tea bags	a lot of tea bags contain plastic, use loose leaf tea
coffee capsules	use a coffee machine for grinded coffee, mocca espresso maker, turkish coffee, french press or pour over with a reusable filter
plastic wrap	reusable containers, recycled paper wrap or beeswax/soy wrap, reusable sandwich bags
dish sponge	biodegradable sponge, wooden brush with bristles, sea sponge, coconut scrub
dishwashing liquid	bulk, DIY with bicarbonate soda, castile soap, vinegar.

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cleaning liquid	<i>bicarbonate soda, white vinegar, castile soap, lemon</i>
washing powder / liquid	<i>eco-friendly washing powder packed in paper, soap nuts or DIY</i>
softener	<i>white vinegar, essential oils</i>
washing polyester clothes	<i>guppy friend bag to stop microfibers and protects your clothes</i>
q-tips	<i>q-tips with paper stick, metal ear cleaning tool</i>
tampons and pads	<i>menstrual cup, reusable pads, sponge tampos, period panties</i>
condoms	<i>vegan and cruelty free condoms, made from natural latex, packed in paper (like Einhorn).</i>
make-up	<i>go make-up free because you are beautiful without it :),cruelty-free natural make-up packed in glass, metal or paper, refillable containers, DIY</i>
toothbrush	<i>bamboo or other biodegradable toothbrush</i>
toothpaste	<i>chalk powder, toothy tabs, activated charcoal tooth polish,DIY, natural toothpaste in glass container</i>
mouth wash	<i>DIY mouth wash: water + bicarbonate soda + mint essential oil</i>
dental floss	<i>silk floss in glass packaging, thread from old silk fabric</i>
shampoo	<i>shampoo bar, rye flour, clay, DIY</i>
conditioner	<i>bulk, diluted vinegar (2 to 4 parts water to 1 part vinegar)</i>
hair mask or anti-frizz oil	<i>coconut butter/oil, argan oil, olive oil, almond oil</i>
hair dye	<i>hanne or other natural dyes. My favorite so far is the Henne Color Paris - brown one. And if you want less red pigment coming out, add some grinded coffee</i>
hair spray	<i>you can DIY it with a bit of hair gel, water and salt to get that beach waves</i>
a hair comb or brush	<i>bamboo or wooden</i>
body wash	<i>soap bar, bulk refill, natural body wash in glass packaging</i>
body and face scrub	<i>there a so many natural scrubs you can make. My favorite is coffee + coconut oil + sea salt, but the possibilities are endless</i>
face mask	<i>DIY- My favorite are avocado, cooked oats, banana mask...</i>
face and body cream	<i>coconut butter, natural creams in a glass packaging</i>
sunscreen	<i>buy reef safe natural sunscreen packed in metal, glass or DIY one</i>
make-up remover	<i>gently rub in coconut and remove the make-up with a wet cloth</i>
deodorant	<i>bicarbonate soda, natural deo in glass or metal container, DIY-bicarbonate soda + coconut oil + essential oils</i>
plastic razors	<i>metal safety razor with replaceable razor blades</i>
toilet paper	<i>if you have an option buy one packet individually in paper. Install a bidet or buy bidet attachment for your toilet.</i>
clothes	<i>2nd hand is the best. If not I choose products from fair ethical companies that use natural, organic or recycled materials and make good quality products.</i>
old clothes	<i>swap, give away, donate, use them for cleaning..., or recycle them</i>
shoes	<i>fairly produced shoes made from natural materials like natural rubber, organic cotton. If you find somebody selling new or almost new 2nd hand shoes go for it.</i>
sports equipment	<i>try to find 2nd hand products, go to 2nd hand markets,...</i>

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electronics	<i>2nd hand phones, computers, cameras</i>
batteries	<i>rechargeable batteries</i>
furniture	<i>2nd hand or made from reclaimed wood.</i>
kitchen utensils & supplies	<i>metal, wood, bamboo, recycled materials or 2nd hand products</i>
paper notes, printing	<i>go digital or use a notebook without plastic or wire notebook</i>
receipts	<i>refuse before they print them out</i>
pens	<i>refillable pens, pencils, ink pens</i>
tape	<i>cellulose non-plastic packing or crafts tape</i>
books	<i>borrow books, buy used books or use Kindle, iPad, computer</i>
tickets	<i>there is an app for everything these days- use them</i>
broken things	<i>repair broken things or find somebody that can do it</i>
promotional stuff	<i>refuse them- they are usually poorly made and will break fast</i>
spam mail	<i>in Austria you can simply write a note on the post box saying "Please No promotional material" and you will not get anything ever again. In some other countries you need to buy a some special sticker. if a company is sending you catalogues, get in contact with them.</i>
flights	<i>next to burning fossil fuels also create a lot of waste. So if you really want or need to fly, refuse all free goodies, pack your own lunch, reusable water bottle</i>
car	<i>buy used car that has low gas usage and share a ride</i>
glasses	<i>if you are like me and need glasses, you can buy cool 2nd hand glasses or choose a good brands that locally produce high quality glasses. This way they will last longer and the company will repair them for you if anything breaks. You can donate your old glasses.</i>
contact lensses	<i>standard ones don't biodegrade and they come in plastic containers. If possible use long-lasting lenses (monthly, yearly) and buy big packaging of cleaning liquid.</i>
medicine	<i>health should always come first, so please take all necessary medicine if you need to</i>
anti-mosquito/bug spray	<i>natural repellent sprays in glass bottles, DIY citronella/lavander spray or cream</i>
anti-bacterial spray	<i>DIY from ethanol, water, lavander or other oils</i>
jewelry	<i>beautiful 2nd hand jewelry, upcycled or natural materials</i>
gifts	<i>eco-friendly gifts or rather than material gifts, gift expiriences</i>
gift wrapping	<i>reuse any packaging you might have at home, use newspaper, recycled paper, rope, DIY, use cotton bags or scarfs/bandanas to wrap. Get creative.</i>
candles	<i>soy or other natural candles in glass, mugs...</i>
fake flowers or trees	<i>please don't, get a real one in a cardbord or clay pot or other eco- friendly pot or wrapped in newspaper</i>
decorations & baloons	<i>make decorations from paper, wood or other natural materials</i>
toys and games	<i>you know the drill by now: 2nd hand or natural materials :)</i>
anything else	<i>... and everything that you can borrow, rent or make.</i>

thank you

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