

# My challenge choices

## GETTING STARTED

**CHOOSE TO REFUSE**  
SINGLE-USE PLASTIC  
PLASTICFREEJULY.ORG

WHAT TO AVOID	HOW TO AVOID IT	YOUR IMPACT			<input checked="" type="checkbox"/> YES I'LL DO THIS
		OCEAN	LANDFILL	GLOBAL WARMING	
<b>Fill your bin with plastics for 'recycling'</b>	Avoid as much plastic packaging as you can				<input type="checkbox"/>
<b>Pre-packed fruit and veg</b>	Choose loose products (skip the little plastic bag or put in a reusable bag)				<input type="checkbox"/>
<b>Lightweight plastic bags</b>	Remember your reusable shopping bags or use a cardboard box				<input type="checkbox"/>
<b>Pre-packed meat or fish</b>	Shop at the deli counter or butcher or fishmonger for paper wrapped cuts or BYO reusable container				<input type="checkbox"/>
<b>Takeaway drink straws</b>	Refuse plastic straws (or opt for a paper straw if they have them). BYO reusable straw				<input type="checkbox"/>
<b>Takeaway coffee cups</b>	Bring your reusable cup or sit and enjoy a real cup				<input type="checkbox"/>
<b>Takeaway utensils and containers</b>	Support vendors offering compostable alternatives (bamboo or card), BYO reusables or sit and enjoy 'dine-in'				<input type="checkbox"/>
<b>Bottled water</b>	Fill a reusable bottle from the tap				<input type="checkbox"/>
<b>Bottled soft drinks</b>	Reduce the amount (helps your health), or make your own with a soda maker/ carbonator or choose glass bottles (and recycle)				<input type="checkbox"/>
<b>Bin liners (or 'reusing' plastic shopping bags)</b>	Have a sealed container for 'wet' scraps and compost or freeze until bin day. Line the kitchen bin with paper				<input type="checkbox"/>
<b>Plastic food wrap for leftovers and sandwiches</b>	Use a reusable lunch box to store food, store food in containers or use beeswax wraps				<input type="checkbox"/>
<b>Littering: cigarette butts, balloons</b>	Dispose of cigarette butts in the bin (they are plastic and wash into the ocean environment) Avoid releasing balloons (what goes up, must come down)				<input type="checkbox"/>