



Plastic Free July® Calendar

31 Days of Ideas

1

Choosing one small step

2

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.