

# Resources to support Plastic Free July

## PLASTIC FACTS

1. The most important step to address plastic waste is to avoid and reduce your use of plastic. This can be done through consumers refusing to buy products made from plastic or packaged in unnecessary plastic, and manufacturers being required to improve design of products and packaging to minimise waste.
2. Reusing or refilling plastic items is more important than recycling in the reduction of plastic waste. Buy cleaning products in bulk and refill containers – if you buy a 5 litre container and keep refilling, think how many hundreds of plastic bottles would be saved from going to waste.
3. We produce 102 kg plastic waste per capita in Australia, but only 13% of plastic waste is recycled. A typical recycling bin in Australia contains 14% contamination, this causes problems with sorting and recycling so waste goes to landfill instead.
4. The largest groups of manufactured plastic products are 38% packaging, 16% building and construction and 15% textiles. Refuse plastic packaging and wear natural fibres to reduce your contribution to plastic waste.
5. Soft plastics make up 30% of plastic packaging in Australia and cannot currently be recycled.
6. In 2019-2021, the growth in single use plastic manufactured from virgin fossil fuel feedstock was 15 times that from recycled feedstock.

## WEEK 1: REDUCE DRINKS PACKAGING

### Tips

- Coffee/tea - Use a reusable cup for your takeaway coffee, say no to single-use cups. Problems remembering to take it with you? Put your house keys on top of your cup and always take it with you when you leave the house. Keep a reusable cup in your car or at work.
- Milk/fruit juice – purchase in glass bottles, see our list of plastic-free businesses/outlets, most supermarkets have juice and soft drinks in glass.
- Stock – Make your own from left over vegetables and save on food waste too!

### General resources

[Responsible cafes](#) (put in your location to find what is close by)

[Zero Waste + Plastic Free Living Perth WA](#) Facebook group

Options to replace plastic bottles and cardboard cartons lined with polyethylene	
<a href="#">Bannister Downs Dairy</a>	Milk and flavoured milk in glass bottles Ecolean pouches - BPA free, 35% limestone (calcium carbonate) so less plastic For locations see website (enter postcode)
<a href="#">Boost Juice</a> Use website to find locations	Discount (50c) if you take your own cup. They do not accept glass.
<a href="#">Dejaxy artisan bakery</a> 2 Coogee St Mt Hawthorn 123 Claremont Cres, Swanbourne	Sell bread bags to store bread Refillable milk bottles (full cream, almond) – discount when you return these and collect the next bottle of milk Yoghurt in jars (not plastic)
<a href="#">Grumpy Farmer</a> milk, choc milk, iced coffee in recyclable glass bottles	Boatshed Cottesloe Farmer Jacks Subiaco Taylor Road IGA Nedlands The Herdsman Market Churchlands For other locations see website (enter postcode)
<b>Juice and other drinks</b>	Choose a glass bottle option (rather than plastic), if not available ask supermarket or shop for this option and explain why
<b>Reusable water bottles</b>	Multiple sources and types
<b>Sunnydale milk</b>	1litre glass bottle

Options to minimise takeaway cup use	
<b>Purchase a reusable coffee cup</b>	Many options: examples include <a href="#">ceramic</a> , <a href="#">wood</a> , <a href="#">keep cups</a> , many others Keep a reusable cup in your car or at work
<b>Boost Juice</b>	Offer discount if you take your own reusable cup (not glass)
<a href="#">The Clean Food Store</a> 214A Nicholson Rd Shenton Park	Discount for bringing a reusable cup (15c)
<b>Stand'In Room</b> 20a Bayview Tce Claremont	Sell branded reusable cups with a free coffee on purchase and subsequent discount (\$1) for reusing their branded cup
<b>St John of God Murdoch Hospital</b>	Caregiver discount to those who bring their own reusable coffee cup
<a href="#">St Marks Road Co</a> Vibe Hotel (foyer), 9 Alvan St Subiaco	Sell branded reusable keep cups with a free coffee on purchase and subsequent discount (50c) for reusing their branded cup
<a href="#">7 Eleven</a> Various sites	Discount for customers who bring a reusable coffee cups (50c)

## WEEK 2: REDUCE PLASTIC PACKAGING WHEN SHOPPING

### Tips

- Buy fruit and veg from Farmers' markets and take your own bags. Don't have time to visit a market, try online farmer produce delivery services who deliver in cardboard boxes
- Buy sugar/rice/pasta/grains/nuts etc from bulk food stores, see our list of bulk stores in Curtin

### General resources

[Types of plastics and their eco-friendlier alternatives](#)

Loose fruit and vegetables ('nude food')	
<b>Farmers markets in Curtin</b>	Mt Claremont, Mt Claremont Primary School, Saturdays 8am-noon Subiaco, Subiaco Primary School, Saturdays 8am-noon
<b>Farmer Jacks</b> Claremont Quarter, Crossways Subiaco, Woodlands	Loose salad greens (bring your own non-plastic bag) Provides brown paper bags in fruit and vege section
<b>Galati &amp; Sons</b> 19 Wray Ave Fremantle	Take your own bags or they provide cardboard boxes
<b>Online vegetable delivery</b>	Many online vegetable delivery services do plastic free (use boxes)

Meat and Fish	
<a href="#">Frank's Gourmet Meats</a> 17 Wray Ave Fremantle	They wrap meat in paper, ask them not to use a plastic bag after wrapping or take your own container
The Meat Safe, Shop 3 Crossways Rokeby Rd Subiaco	Customers can bring their own container or packaging
Weir's Butchers, Broadway Nedlands	Offer a discount if you take your own container
Kailis Leederville	Customers can bring their own container or packaging

Bulk food supplies (take your own non-plastic bag)	
<a href="#">Clean Pantry</a> 8/50 Harvey St Mosman Park Order online for delivery	Bulks flours, nuts, dried fruit, grains, seeds, beans, pulses, confectionary, cooking & baking ingredients. Packaged in recyclable or biodegradable and compostable paper bags made from sustainably sourced materials Wholesale for businesses
<a href="#">Golden Choice Subiaco</a> <a href="#">Fresh Market</a> 369 Roberts Rd Subiaco	Loose salad items, herbs, fruit and vegetables Bulk cereals, flours, dried fruit, coffee, cereals, snacks, confectionary nuts, grains, seeds, dahl, beans, spices, herbs
<b>Happy Almonds</b> 71 Princess Rd Nedlands	Bulk cereals, grains, flours, rice, pasta, nuts, snacks, dried fruits, confectionary Discount for using your own bag(s)
<a href="#">Kalkulas Brothers</a> 185-187 William St Northbridge	Nuts, dried fruit, beans, legumes, rice, dahls, pasta, flours, grains, cereal, tea & coffee, olives, feta, confectionery, snacks, herbs, spices

**Bulk food supplies (take your own non-plastic bag)**

<p><u><a href="#">Kakulas Sister</a></u>                  29/31 Market St Fremantle                  Can shop online with home delivery or pickup</p>	<p>Beans, pulses, tea &amp; coffee, health &amp; cereals, confectionary &amp; snacks, rice, grains, seed, flour, sugar, baking, fruit, nuts, herbs, spices                  Offer paper and compostable bags</p>
<p><u><a href="#">Storehouse</a></u>                  22/219 Hampton Rd South Fremantle (owned by a Curtin resident)</p>	<p>Use your own containers, use their recycled jars, papers bags, reusable produce bags, buy new jars                  Website includes postcodes they will deliver to                  Shop online or pickup, have a loyalty program</p>
<p><u><a href="#">The Source Bulk Foods</a></u>,                  Floreat Forum (shop R4)                  Karrinyup Shopping Centre (shop SPO272)</p>	<p>&gt;350 bulk products, also reusable water bottles, reusable food wraps, waste free lunchboxes                  Offer paper bags, encourage you to bring your own container (BYOC), loyalty member program with discount</p>

## WEEK 3: REDUCE PLASTIC PACKAGING AT HOME

### Tips

- Instead of cling wrap use tea towels or wax wraps.
- Food on plates can be covered with bowls, food in bowls can be covered with a plate!
- Use brown paper bags instead of Ziploc bags.
- Wrap bread in a tea towel to freeze.
- Use glass containers instead of freezer bags, these can also go straight in the microwave.

### Resources

Reusable and recyclable wraps, bags etc.	
<a href="#">Biocane compostable packaging</a>	Containers, plates, cutlery, etc.
<b>Compostable baking paper</b>	Various brands, mostly in brown cardboard packaging At many supermarkets Examples: <a href="#">Glad to be green</a> , <a href="#">EcoLife Box</a> , <a href="#">Multix Greener</a> , <a href="#">RotoChef</a>
<b>Recycled aluminium foil</b>	Brands, usually in brown cardboard packaging At many supermarkets Examples: <a href="#">If you care-recycled aluminium foil</a> , <a href="#">Multix Greener</a>
<b><a href="#">Storehouse</a></b> , 22/219 Hampton Rd South Fremantle (owned by a Curtin resident)	<a href="#">Reusable food wraps and bags</a> Can shop online (website includes postcodes they will deliver to) or pick up Have a loyalty program
<b><a href="#">The Source Bulk Foods</a></b> , Floreat Forum (shop R4) Karrinyup Shopping Centre (shop SPO272)	>350 bulk products Also sell reusable water bottles, reusable food wraps, waste free lunchboxes Offer paper bags, encourage you to bring your own container (BYOC) Have a loyalty member program with discount Also stores in Mt Hawthorn and Melville

## WEEK 4: REDUCE PLASTIC WITH CLEANING & PERSONAL CARE PRODUCTS

### Tips

- Bamboo toothbrushes, coconut scourers, washing powder in a cardboard box, dishwasher powder instead of plastic-wrapped tablets are all simple changes to make. See our list of suppliers for more ideas
- Use bulk buy and/or refillable cleaning products. These are also available on-line for delivery

### Resources

[11 sustainable Aussie brands that will make cleaning your home a breeze](#)

Cleaning products	
<a href="#">Dirt.</a> online	Starter packs and refills of laundry detergent, powder booster, stain remover, wool and delicate wash (liquid or powder) Australian made, use recycled materials in their packaging No stockists in WA, can shop online
<a href="#">Storehouse</a> 22/219 Hampton Rd South Fremantle (owned by a Curtin resident)	<a href="#">Cleaning implements and products</a> Can shop instore or online (website includes postcodes they will deliver to or pick up) Have a loyalty program
<a href="#">The Inspired Eco Warrior</a> Online shop as you go or subscription	Laundry liquid or powder and soaker brightener Starter kits and refills for home or office/business with metal containers Perth-based Shop online and order as you go or subscribe for regular delivery First order of each product includes a metal container Subscription includes refill containers (clean empty eligible containers can be left out at each refill delivery for collection and reuse)
<a href="#">Tirtyl</a>	Universal cleaner, compostable kitchen 'sponges', laundry detergent sheets Cardboard packaging Brisbane-based, can order online

Personal care products	
<a href="#">biome</a>	Body and skin products including for babies and kids Shop online (stores in Sydney, Brisbane, Gold Coast, Melbourne)
<a href="#">Chemist Warehouse</a> Cottesloe, Innaloo, Subiaco, others	Bamboo toothbrushes Shampoo and conditioner bars
<a href="#">flora &amp; fauna</a> online	Various personal products including shampoo and conditioner bars, deodorant options, baby and kids products, skin care, makeup, shampoo bars for pets, information on how to use menstrual cups (including sizing)
<a href="#">Menstrual Cups Australia online</a>	Information on options, along with comparisons of available brands Many pharmacies and supermarkets now stock menstrual cups
<a href="#">No Pong</a>	Deodorant in a tin Made in Australia (Sydney), website includes contacts for upcycling used tins (SA, NSW, Qld)
<b>Period underwear</b>	Most supermarkets and many chemists stock reusable menstrual underwear

<b>Personal care products</b>	
See <a href="#">Choice article 30 Sept 2021</a> and <a href="#">Body+Soul article 2023</a>	Lots of options in Australia: Accalia, AWWA, Bonds, Emren the Label, Ju Ju, Love Luna, Modibodi, Thinx, Underwear for Humanity, Wunderthings) At <a href="#">Big W</a> , <a href="#">Coles</a> , <a href="#">Woolworths</a>
<b><a href="#">Perth Soap Works</a></b> Online, can pick up order in Clarkson or have delivered	Shampoo and conditioner bars Made locally
<b><a href="#">Priceline Pharmacy</a></b> Claremont, Cottesloe, Innaloo, Subiaco, others	Bamboo toothbrushes
<b><a href="#">Skipping Stones Refillery</a></b> Mobile wagon rotates through Farmers' markets (Kylla, Subiaco, Vic Park, Fremantle)	Various products including liquid soap, shampoo, cleaning vinegar etc. Subi 1, 15, 29 July 2023 Kylla 8 July 2023 8-1130am See website for other locations BYOC, take a free container from donated 'Buy nothing' box or purchase reusable one
<b>Soap bars</b>	Consider these instead of liquid soap in a plastic bottle Available in all supermarkets and chemists Check packaging
<b><a href="#">Storehouse</a></b> 22/219 Hampton Rd South Fremantle (owned by a Curtin resident)	<a href="#">Personal products</a> including for babies Can shop online (website includes postcodes they will deliver to) or pick up Have a loyalty program
<b><a href="#">Tirty!</a></b> Online	Foaming handwash, bodywash Glass pump bottles, refills are tablets you add to warm water, cardboard packaging Brisbane-based, can order online
<b><a href="#">The Inspired Eco Warrior</a></b>	Shampoo and conditioner concentrate bars Deodorant in a tin Order online Perth-based
<b>Toilet paper without plastic wrapping</b>	Global Good Collective bamboo toilet paper Made in Melbourne Bamboo toilet paper Nautrale 100% recycled toilet tissue The Caboo Tree-Free bamboo toilet paper The cheeky panda Most supermarkets have at least one option – if not, let them know!
<b><a href="#">Who Gives a Crap</a></b> Online Also available at Woolworths	Plastic free products, recycled and bamboo options - toilet paper, tissues, paper towels Made in China