

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 – can be bought in glass bottles, see our list of plastic-free businesses/outlets
- Stock – Make your own from leftover 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 minimise takeaway cup use	
Purchase a reusable coffee cup	Many options: examples include ceramic , wood , keep cups , many others Keep a reusable cup in your car or at work
Boost Juice	Offer discount if you take your own reusable cup (not glass)
The Clean Food Store 214A Nicholson Rd Shenton Park	Discount for bringing a reusable cup (15c)
Stand'In Room 20a Bayview Tce Claremont	Sell branded reusable cups with a free coffee on purchase and subsequent discount for reusing their branded cup
St John of God Murdoch Hospital	Caregiver discount to those who bring their own reusable coffee cup
7 Eleven Various sites	Discount for customers who bring a reusable coffee cups (50c)

Options to replace plastic bottles and cardboard cartons lined with polyethylene	
Bannister Downs Dairy	Milk and flavoured milk in glass bottles Ecolean pouches - BPA free, 35% limestone (calcium carbonate) so less plastic For locations see website (enter postcode)
Boost Juice Use website to find locations	Discount (50c) if you take your own cup. They do not accept glass.
Grumpy Farmer 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)
Juice and other drinks	Choose a glass bottle option (rather than plastic), if not available ask supermarket or shop for this option and explain why
Reusable water bottles	Multiple sources and types