



HOUSE SWAPS

Are you ready to reduce your single-use PET plastic and polystyrene foam packaging at home? Use our checklist to help you eliminate plastic and polystyrene foam in each room of your house.

✓ Bathroom

- Plastic toothbrush → **Bamboo toothbrush**
- Shampoo bottles → **Shampoo bar**
- Body wash → **Bar of soap**
- Sunscreen bottles → **Sunscreen blocks**
- Disposable razors → **Safety razor**
- Cotton q-tips (earbuds) → **Compostable buds or stainless steel ear pick**
- Diapers → **Cloth diapers**
- Dental floss → **Silk floss**
- Lip balm → **DIY lip balm**
- Loofah → **Natural bath brush or organic loofah**
- Disposable face wipes → **Reusable face wipes**

✓ Bedroom & Living Room

- Pens → **Fountain pen**
- Cleaning products → **DIY cleaning products**
- Polyester, nylon, acrylic fabrics → **Cotton, silk, linen, wool, cashmere**
- Plastic children's toys → **Wood, paper, and upcycled toys**

✓ Kitchen

- Plastic shopping bags → Cloth bag
- Plastic produce bags → Reusable produce bags
- Food packaging → Glass jars for shopping bulk
- Plastic water bottles → Stainless steel water bottle
- Plastic wrap → Cloth bowl cover or beeswax wraps
- Teabags → Stainless steel tea infuser
- Plastic cutlery → Bamboo cutlery set
- Polystyrene foam packaging → Eco-friendly lunch box to pack your lunch
- Disposable coffee cup → Glass or stainless steel travel mug
- Sponge → Wood pot scrubber
- Paper towel → Cloth
- Plastic or foam egg cartons → Moulded fibre egg cartons

✓ Laundry Room

- Dryer sheets → Dryer balls
- Laundry detergent → Plastic-free laundry strips

