

3C NEED TO KNOW KEEPING CLEAN

Many of these suggestions veer towards zero waste and sustainable lifestyle so these are merely suggestions that build on the less-plastic lifestyle If they are of Interest

Beauty & Hygiene

- ☐ Use wooden, compostable toothbrushes
- ☐ Silk threads to floss teeth or wooden toothpicks
- ☐ [Home-made mouthwash](#)
- ☐ DIY natural toothpaste (do an online search in order to find a recipe that suits you, it may take a few tries) or non-plastic containers (and no microbeads!) – download the app below.



- ☐ Soap bars – either natural without packaging or in paper wrapping
- ☐ Shampoo bars bought without packaging or bulk at zero waste stores
- ☐ A loofah replaces a plastic mesh ball
- ☐ Reusable razors (also known as safety razors, with replaceable blades) and use creamy soap for shaving cream
- ☐ Reusable cloth handkerchiefs/fabric cuts of t-shirt instead of paper tissues (often wrapped in plastic)
- ☐ Cotton swabs with non-plastic centres
- ☐ [Reusable make-up pads](#)
- ☐ Recycled toilet paper ideally in paper packaging
- ☐ Make your own soaps, creams, cosmetics, deodorants etc (some suggestions at <https://www.mommypotamus.com/>)



Women:

- ☐ Reusable sanitary towels and panty liners
- ☐ Period panties
- ☐ Menstrual cups
- ☐ Organic cotton towels/tampons

Cleaning

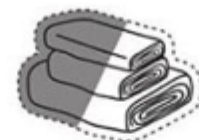
- ☐ Replace household cleaners with homemade products made using vinegar, water and bicarbonate of soda
 - All-purpose cleaner: $\frac{1}{4}$ cup vinegar to 1 cup water
 - Put in orange peel scraps with the vinegar and leave for 2 weeks to give an orange scent
- ☐ Buy natural washing, detergent and cleaning products in refillable bottles from the bulk stores or make your own



- ☐ Use a loofah for scrubbing or find brushes with vegetable bristles and wood handles rather than plastic
- ☐ Use reusable / old cloths instead of paper towels/synthetic sponges and use old t-shirts for dusters/rags
- ☐ Silver cleaner comes in a plastic bottle: Clean Silver using a bowl of hot water, add salt/bicarbonate or baking soda along with aluminium foil and dip the silver in this solution for 10 minutes

www.bambooherb.com

USE MASON JARS



USE COTTON BAGS



FREEZE FOOD IN SILICONE BAG



USE COTTON BAGS

Plastic Free Food Storage



STORE IN SEAL TIGHT CONTAINERS



KEEP VEGETABLES FRESH



STORE POTATOES AND ONIONS IN A BASKET