

**MY PLASTIC FREE LIFE**

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# Take the challenge this month to refuse and reduce plastic

Living as plastic free as possible as is challenging but it is important for all of us to do what we can.

Plastic has become one of most harmful materials to our environment from polluting ocean and harming wildlife, to filling up land fills for decades without decomposing, this material is having devastating short term and long term effects on our planet

The main culprits are the company producing this product. plastic is cheap, economical, and easy to mold, so it is no wonder its use is so rampant.

our society has become increasingly depend on plastic products, so making the shift to living with less plastic can be challenge. How to fill a plastic free lifestyle into our budget.

Do you think it's possible to leave life without plastic? Wondering how to do it or at least started? You've come to the right place. Here's is a list of steps I took in my own life since beginning of this project in this year by joining "**Happy nests by supermoms**" This list is not meant to be overwhelming but simply to show what is possible. Choose a few that seems doable and that will make the most impact. No one can do it all as once but we can all started!

If you still have questions all looking over the list, use the search bar for more plastic free ideas as I did and if you like what u see here please forward this page to the people you love. we all can make a difference.

## How to line a plastic free life:-

### 1-Shopping bags:



instead of polythene bags I switch to cloth bags.

## 2-food container's:



I replaced all my plastic food containers into glass jars and steel food containers.

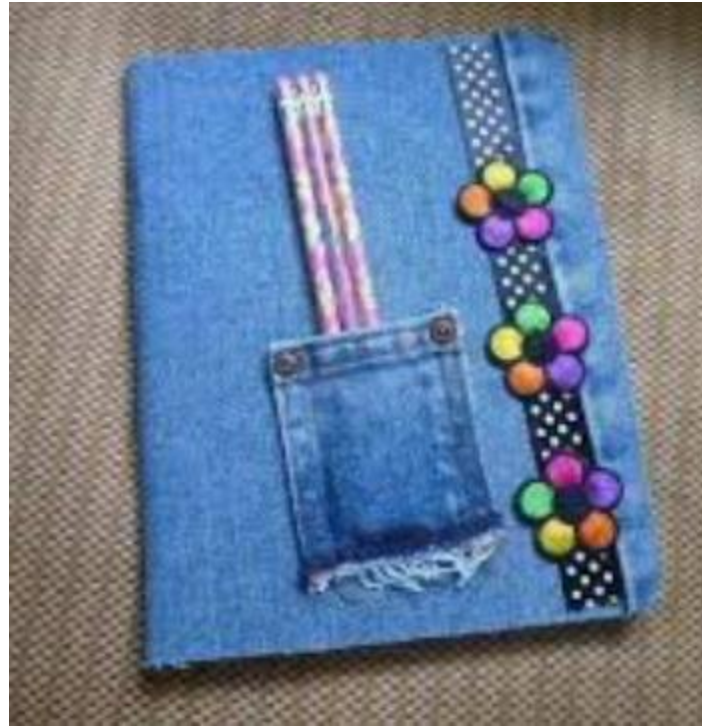


### 3. Water Bottles:



**Instead of using plastic bottle I am Using steel bottle and watercoolers.**

# 4-Book covers:



Not using plastic covers, decorating with left over laces, material, jeans And craft material like felt, etc.





# 5-Stationaries



**I tried to replace plastic compass with handmade(cloth) pouch and using ink pen and Pencil instead of plastic pens.**



## 6- Tiffins And Cutlaries:



**The best way avoid plastic Cutlery and tiffin is to carry Steel and woods products it's a part of my traveling kit.**

# 7-Ice tray



I am using silicon and steels ice tray

- Plastic ice tray and even not purchasing readymade yogurt and trying in above tray.

## 8-Liquid Soap Dispenser:



**I use plastic bottles for upcycle purpose  
But as plastic free week now using steel  
and sircemic onces.**

## 9-Reusable Safra:



disposable table cover



**I am not using disposable safra and using cloth  
Material and raxine material as both are washable.**



# 10-Dustbins bags:



Dustbins Polythene bags are replaced by Newspapers bags.

# 11-clips:



**we are using steel clips to avoid using plastic ones**

## **-Gift wrapper/Green gift:**



**I stop decorating gift with polythene or plastic items substituting them with cloth material,homemade paper etc.**

**I switch to giving green gift that means mini plants in a fancy Handmade items so that no more plastic showpieces are purchase to given,specially green gift concept I learned is from shitabhi.**

# Plastic items which i am not able to quit from my Daily routine :-

- 1- Dustbin polythene replaced by paper but i faced problem while putting wet garbage So concept is not recommended.
- 2-tooth brush,washing cloth brush can't replaced by the.
- 3- I used pilot pen and ink pen instead plastic pen but they are quit messy.





**SAY NO TO  
PLASTIC  
AND  
SAVE  
EARTH**