

Plastic Free July

Bingo Card — one small swap at a time



Walk, bike, or transit instead of driving once

REALITY CHECK

Tire wear = up to 28% of ocean microplastics — more than bags, straws & cutlery combined.



Skip the plastic produce bag



Bring a reusable cup for one drink



Choose tap water over a bottled drink

REALITY CHECK

Most ocean plastic traces to a handful of rivers in Asia, not Western bottle habits.



Wash synthetics in a microfiber-catching bag (e.g. Guppyfriend)

REALITY CHECK

Synthetic textiles ≈ 35% of ocean microfibers — the single biggest source.



Use a container instead of plastic wrap



Bring your own container for leftovers



Buy one item loose instead of packaged



Refuse a plastic freebie, sample, or swag item



Pick up litter — even just 5 pieces, on a walk or at the park

REALITY CHECK

Most ocean plastic gets there as litter from mismanaged waste, not from what's properly binned or recycled — picking it up before it moves is high-leverage.



Buy the refill instead of a new bottle



Reuse a jar instead of buying storage



Swap dryer sheets for a wool dryer ball



Get a set of reusable travel cutlery



Choose glass, metal, or cardboard over plastic



Bring reusable bags to one shop

REALITY CHECK

A cotton tote needs 50–100+ reuses to beat one plastic bag's footprint.

Choose bar soap over liquid soap in plastic

Choose wool or merino over polyester for one item

REALITY CHECK

Polyester = 59% of global fiber production and sheds plastic microfibers.

Find one bulk-buy shop near you (Bulk Barn, Pocket Change, etc.) and shop there

Wash one load less this week — full loads, cold water

Repair something plastic instead of replacing it



Borrow something instead of buying new



Buy secondhand instead of new plastic-packaged



Skip one online order with excess packaging



Celebrate one plastic item you avoided today



REALITY CHECK

Individual swaps shift demand and normalize the bigger systemic change that fixes this.

REALITY CHECK

Only ~9% of all plastic ever made has actually been recycled.