

Plastic Free

Food Storage

Simple things u can do to remove plastic from your life!

Use What You Have

- Save your glass jars and bottles for purchasing bulk food and for storing leftovers.
- Store leftovers in a bowl with plate over the top instead of using plastic wrap.
- If you have plastic containers in the cupboard – use them until they wear out.
- Store vegetables in reused plastic bags, wrapped in damp tea towels or glass containers.
- Wrap sandwiches in fabric or paper.
- Herbs keep well in a slightly damp tea towel in a glass container.
- Wrap cheese in an old linen tea towel.
- Freeze leftovers in heat stable glass containers e.g. Pyrex.
- Use a clean shower cap to cover a bowl.
- Line rubbish bin with several layers of newspaper.

Freezing Meat/Seafood

- Wrap in baking paper, then aluminium foil use them to wrap raw meat.

Make Your Own

- Purchase or make your own beeswax fabric wraps (look for our other information sheet!).

Choose More Wisely

- Check charity/op shops, ask family and friends and look on Buy Nothing groups before buying anything new.
- Choose glass or stainless steel food storage containers.
- Buy reusable products from companies who care about the planet rather than big box stores.
- Try to find local stores in your neighbourhood to support before buying online.



Source: www.plasticfreejuly.org

waste management

It all comes back to U.

