



CLING FILM

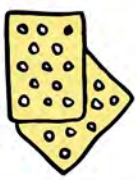
SWAP MARGARINE FOR BUTTER

BUY BREAD FROM BAKERY SECTION IN PAPER RATHER THAN PLASTIC WRAPPED LOAVES

BEESWAX WRAPS



BAKE BISCUITS AND CRACKERS



BUY REFILLS OF TOMATO SAUCE IN CANS



SIMPLE SWAPS

FOR THE

KITCHEN

BUY FRESH LEMONS OVER BOTTLED LEMON JUICE

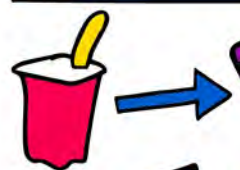


MAKE PLUNGER COFFEE INSTEAD OF PODS



BUY LOOSE LEAF TEA

MAKE YOUR OWN YOGHURT



SWITCH FROM SINGLE USE PAPER TOWELS TO CLOTHS

REUSE FLOUR BAGS AS BIN LINERS

BUY CORDIAL IN GLASS BOTTLES



BUY POPCORN OR PEANUTS INSTEAD OF CHIPS



CHIPS



AOTEAROA CHOOSE TO REFUSE SINGLE USE PLASTIC
PLASTICFREEJULY.ORG