

Sustainable Swaps

checklist



SUSTAINABLE SWAPS CHECKLIST

Kitchen

- ☐ Plastic Food Bags for Reusable Stasher Bags
- ☐ Plastic Containers for Glass Jars
- ☐ Cling Film for Beeswax Wraps
- ☐ Green Dish Scrubber for Reusable Scrubber
- ☐ Plastic Dish Brush for Wooden Dish Brush
- ☐ Baking Paper for Reusable Silicone Baking Mats
- ☐ Foil for Baking Pot with Lid

SUSTAINABLE SWAPS CHECKLIST

Kitchen

- ☐ Disposable Coffee Pods for Reusable Coffee Pods
- ☐ Coffee Pod Machine for Bean to Cup Machine
- ☐ Disposable Paper Napkins for Reusable Napkins
- ☐ Disposable Paper Towels for Reusable Towels
- ☐ Teflon Pans for Stainless Steel or Cast Iron Pans
- ☐ Paper Cupcake Holders for Silicone Cupcake Holders

SUSTAINABLE SWAPS CHECKLIST

Everyday Life

- ☐ Plastic Bottle for Stainless Steel Water Bottle
- ☐ Plastic Coffee Cup for Reusable Coffee Cup
- ☐ Plastic Bags for Reusable Tote Bags
- ☐ Plastic Produce Bags for Reusable Produce Bags
- ☐ Toxic Cleaning Products for Homemade Cleaning Products
- ☐ Disposable Nappies for Reusable Nappies
- ☐ Disposable Baby Wipes for Reusable Wipes

SUSTAINABLE SWAPS CHECKLIST

Everyday Life

- ☐ Disposable Batteries for Reusable Batteries
- ☐ Plastic Lunch Boxes for Stainless Steel Boxes
- ☐ Disposable Paper Tissues for Reusable Hankies
- ☐ Disposable Pens for Refillable Fountain Pen
- ☐ Plastic Straws for Reusable Stainless Steel Straws

SUSTAINABLE SWAPS CHECKLIST

Bathroom

- ☐ Body Wash for Bar of Organic Soap
- ☐ Shampoo for Shampoo Bar
- ☐ Disposable Plastic Razor for Safety Razor
- ☐ Plastic Comb for Bamboo Comb
- ☐ Plastic Toothbrush for Bamboo Toothbrush
- ☐ Deodorant Stick for Alum Stone
- ☐ Disposable Make up Wipes for Reusable Wipes

SUSTAINABLE SWAPS CHECKLIST

Bathroom

- ☐ Disposable Floss for a Water Flosser
- ☐ Plastic Cotton Ear Buds for Stainless Steel Pick
- ☐ Disposable Pads for Reusable Menstrual Pads
- ☐ Tampons for a Reusable Mooncup
- ☐ Body Exfoliator Cream for Bamboo Body Brush
- ☐ Toilet Paper for Bidet Attachment