

IN MY KITCHEN PROUDLY PRESENTS...

THE PLASTIC FREE JULY CHALLENGE

Choose as many challenges as you like, or make up your own! Join us on the In My Kitchen Facebook page for support, ideas, inspiration, and spot prizes along the way.
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	CHALLENGES: BEGINNER	CHALLENGES: NEXT LEVEL	SPOT PRIZES
<p>WEEK 1 GROCERY SHOPPING (2-8 JULY)</p>	<ul style="list-style-type: none"> Remember your reusable grocery bags Ditch the single-use produce bags and veggies already wrapped in plastic Investigate the package-free food options in your area 	<ul style="list-style-type: none"> Visit your local package-free food supplier Check out your local farmer's market Source cheese package-free Cook at least one vegetarian/vegan meal BYO container to the deli/butcher 	<ul style="list-style-type: none"> 3 pack of In My Kitchen reusable cloth bags 3 pack of In My Kitchen reusable produce bags 4 x foldable shopping tote bags
<p>WEEK 2 KITCHEN (9-15 JULY)</p>	<ul style="list-style-type: none"> Send no fruit or veggie scraps to landfill (compost/green bin/compost sharing app) Do a batch of baking for snacks/lunchboxes Kick the Glad Wrap to the curb! 	<ul style="list-style-type: none"> Go without a bin liner Make your own nut milk/buy milk in glass Cook a meal using only package-free ingredients Bake a loaf of bread or batch of crackers Replace any worn-out plastic kitchen products with sustainable alternatives Have a cup of plastic-free tea or coffee Got kids? Make a package-free lunchbox 	<ul style="list-style-type: none"> 3 pack of dish soap bars from Aoraki Naturals, bamboo dish rack, wooden dish brush, linen/cotton dish cloth
<p>WEEK 3 BATHROOM & LAUNDRY (16-22 JULY)</p>	<ul style="list-style-type: none"> Replace liquid soap/body wash with bar soaps Grab a bamboo toothbrush Make a simple general cleaning spray Got kids? Use 1 cloth nappy a day 	<ul style="list-style-type: none"> When finished, replace shampoo and conditioner bottles with solid bars Check out a stainless steel safety razor Make a new batch of cleaning product/washing powder or source it package-free Got kids? Cloth nappies and reusable wipes! Make a jar of deodorant 	<ul style="list-style-type: none"> 2 x starter packs from The Eco Brush (each pack includes a bamboo toothbrush, compostable dental floss and bamboo travel case) 2 x wetbags (for cloth nappies)
<p>WEEK 4 OUT-AND-ABOUT (23-29 JULY)</p>	<ul style="list-style-type: none"> Decline disposable takeaway coffee cups Take your drink bottle everywhere! Remember to say "no straw please" Pop a tote bag into your handbag for emergencies 	<ul style="list-style-type: none"> BYO container for takeaways Put together a reusables kit for your handbag (cloth bag, coffee cup, reusable straw and cutlery etc.) Pop a container in your car/office for emergencies 	<ul style="list-style-type: none"> 2 x Ideal Cup reusable coffee cups Generously sized tote bag made from repurposed fabric 2 x wooden spork and stainless steel straw sets in a cloth storage bag from In My Kitchen

