

WELCOME

Start Where You Are

Plastic Free July is a wonderful nudge, and it can also feel like a lot. The most important thing to remember is that you do not have to do all of it. Progress over perfection remains our mantra.

This toolkit gathers a select range of our many zero-waste and plastic-free guides, sorted into two categories. Apologies if some are not perfectly up to date. As you know, we are a small team!

- The swaps that directly affect your health (and have a broader environmental impact too)
- Those with less of a direct personal health impact, but that are important for the natural world

Pick and choose whatever is helpful to you. And happy PFJ!

Joy x

Suggestions on how to use this toolkit

- We've hyperlinked each guide, so click whichever topics look interesting to you
- Bookmark the guides you find helpful
- Start with one swap (the easiest wins are usually in the kitchen or the bathroom)
- Follow the four-week plan on the last page if you like a little structure



Start Here

The Foundations

New to this? Start with these.

→ **What Is Zero Waste?**

Is the movement actually working, and where to begin

→ **15 Easy Zero Waste Swaps**

The simple switches that add up the fastest

→ **How to Build a Zero Waste Kit**

Your low-waste starter kit, room by room

→ **21 Zero Waste Tips**

Easy everyday ideas for lower-impact living

Swaps For Your Health

The plastic that touches your food, water, and body is where many people start. We've tried to find fully plastic-free products where we can, though some include a little plastic where that balances our broader sustainability goals. Either way, there's a decent range of options here.

→ **Plastic-Free Food Storage** NEWLY UPDATED

Glass and stainless options for low-impact leftovers

→ **Plastic-Free Water Bottles**

Non-toxic hydration without the plastic taste

→ **Plastic-Free Water Filters**

Cleaner water with far less plastic

→ **Plastic-Free Coffee Makers**

A better morning brew, minus the plastic



Swaps For The Planet

These cut the plastic packaging that piles up around the home, from the bathroom to the kitchen.

→ **Plastic-Free Deodorant**

Formulas that work, minus the plastic

→ **Plastic-Free Shampoo & Conditioner**

Bars and refills for low-waste hair

→ **Zero Waste Skincare**

A plastic-free routine for your skin

→ **Zero Waste Beauty**

Low-waste picks for your beauty bag

→ **Zero Waste Makeup**

Refillable and plastic-free cosmetics

→ **Body Wash Refills**

Refillable body wash, less bottle waste

→ **Zero Waste Toilet Paper**

Tree-free, plastic-free bathroom basics

→ **Zero Waste Bathroom**

Thirteen swaps for a plastic-free bathroom

→ **Zero Waste Kitchen**

A plastic-free kitchen, step by step

→ **Zero Waste Cleaning**

A plastic-free clean, from sink to floor

→ **Zero Waste Products**

Our big roundup of plastic-free swaps



ALSO WORTH A READ

Other Guides of Interest

A few more reads for when you want the why behind the swaps.

→ **Is Silicone Safe?**

What the research really says

→ **How to Avoid Microplastics**

Realistic ways to lower your exposure

→ **Microfiber Filters**

Catch microplastics before they reach the water

→ **Types of Plastic**

Decode the numbers on the bottom

→ **Glass vs Plastic**

Which is really more sustainable

→ **What Is Compostable**

What you can compost at home

→ **What Not to Compost**

What to keep out of the bin

Looking for more?

We have hundreds more guides on plastic-free and zero-waste themes. Find them all in our [zero waste repository](#).



THE PLAN

Your Plastic Free July Plan

We'd suggest one room a week. Check off what you manage and leave the rest. Unless you want to do it all, in which case, power to you.

WEEK 1 The Kitchen

- Swap cling wrap for beeswax wraps or a lidded container
- Move one plastic container to glass or stainless steel
- Replace a worn-out sponge with a natural one
- Keep a reusable water bottle on the go

WEEK 2 The Bathroom

- Try a shampoo or conditioner bar
- Switch to a plastic-free deodorant
- Swap one beauty product for a refillable option
- Move to a bamboo or recyclable toothbrush

WEEK 3 On the Go

- Bring your own coffee cup
- Keep a tote and produce bags in your bag or car
- Pack a reusable cutlery set
- Turn down one single-use item a day

WEEK 4 Make It Stick

- Add a microfiber filter or bag to your laundry
- Set up a simple plastic-free water filter
- Pick the one swap you will keep for good
- Share your favorite swap with a friend



We have a guide for almost every swap you can imagine.

Keep exploring at sustainablejungle.com, where we dig into the safe, sustainable, and low-waste side of just about everything.

And if you would like a weekly nudge (with the odd poll and a lot of honesty), [join us on Substack](#).



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