CHOOSE YOUR CHALLENGE!

ZERO-WASTE KITCHEN CHALLENGE

BY CHANGING OUR BEHAVIOUR AND THE ITEMS WE USE IN THE KITCHEN, WE CAN REDUCE A LOT OF PLASTIC, FOOD WASTE AND DISPOSABLE PACKAGING

- [ ] **COTTON WIPES AND REUSABLE CLEANING CLOTHS** – CLOTHS AND PAPER TOWELS INCREASE THE AMOUNT OF WASTE CONSIDERABLY, AND SWITCHING TO REUSABLE ITEMS WILL NOT ONLY DRAMATICALLY REDUCE THE AMOUNT OF WASTE IN YOUR KITCHEN, BUT WILL ALSO SAVE YOU A LOT OF MONEY IN THE LONG RUN.
- [ ] **REUSABLE SNACK BAG** – WHEN YOU TAKE SNACKS WITH YOU, PUT THEM IN REUSABLE SILICONE BAGS AND YOU'LL SAVE BOTH MONEY AND WASTE
- [ ] **LUNCH BAG** – USE STYLISH REUSABLE LUNCH BAGS THAT YOU CAN TAKE WITH YOU WHEREVER YOU GO!
- [ ] **GLASS CONTAINERS** – GLASS CONTAINERS ARE GREAT FOR CUPS, STORAGE, FREEZING FOOD AND EVEN FOR SHOPPING, AVOIDING THOSE PESKY PLASTIC BAGS.
- [ ] **REUSABLE JARS** – THEY ARE IDEAL FOR FOOD PREPARATION, AND ALSO GREAT FOR FOOD STORAGE WITH THEIR TIGHT-FITTING LIDS AND GOOD REFRIGERATION.
- [ ] **WATER BOTTLES** – FILL UP WITH WATER AND TAKE IT WITH YOU WHEREVER YOU GO TO AVOID THE TEMPTATION TO TAKE ANOTHER DISPOSABLE BOTTLE.
- [ ] **REUSABLE COFFEE CUP** – AS WITH WATER, TAKE A REUSABLE COFFEE CUP WITH YOU WHEREVER YOU GO TO AVOID EXCESS WASTE. THEY'RE PERFECT FOR HOME, WORK, OUTDOORS OR ON THE GO!
- [ ] **METAL STRAW** – WHETHER YOU'RE MAKING DRINKS AT HOME OR TAKING THEM OUT! ALWAYS USE YOUR REUSABLE STRAW!
- [ ] **PLASTIC SPONGES** – CHOOSE REUSABLE BRUSHES OR A BROOM WITH A WOODEN HANDLE.
- [ ] **DISHWASHING SOAP DISPENSERS** – CLEANING PRODUCTS COME IN PLASTIC BOTTLES AND ARE STILL FULL OF CHEMICALS. IF YOU'RE SERIOUS ABOUT REDUCING WASTE, TRY SWITCHING TO A DISHWASHING SOAP DISPENSERS.
- [ ] **BEESWAX LINENS** – THEY HOLD THEIR SHAPE PERFECTLY AND ARE SUITABLE FOR ANY BOWL, PAN OR EVEN JUST ABOUT ANY FRUIT!
- [ ] **TEA INFUSERS** – MOST TEABAGS ARE PLASTIC AND THEREFORE NOT BIODEGRADABLE. THIS MEANS THEY WILL LAST A VERY, VERY LONG TIME. SWAP OUT THE DIFFERENT TEA LEAVES AND PICK UP AN ADORABLE TEA INFUSER TO REDUCE YOUR TEA WASTE.
- [ ] **COFFEE SQUEEZER** – THERE IS A LOT OF CONTROVERSY ABOUT WASTE WHEN IT COMES TO COFFEE, SO GET A COFFEE SQUEEZER.
- [ ] **COMPOSTER** – A SMALL, STYLISH COMPOSTER FITS RIGHT ON YOUR KITCHEN WORKTOP AND NEUTRALISES ODOUR. IT CAN COMPOST FOOD WASTE AND OTHER ITEMS INCLUDING EARPLUGS, TISSUES AND TOWELS.