

**A: ANIMAL FOODS**

Avoid cat and dog food in pouches which can't be recycled. Buy tinned food instead.



**B: BUTTER and SPREAD**

Available in paper rather than plastic tubs.



**C: COFFEE CUPS**

Take a reusable coffee cup instead of buying a single-use takeaway cup from a cafe.  
Or take a flask of coffee from home.



**D: DRINKS BOTTLES**

Use a metal or strong reusable plastic bottle for water and soft drinks when you're out and about.



E: ECO-EGG

Use instead of washing detergent. Has 2 types of pellets inside, which cause friction and clean your clothes. Replace pellets after approx. 50 washes.



F: FOOD COVERING

Put a plate over leftover food in the fridge; no need to use clingfilm. Alternatively use Beeswax wraps/ covering.



G: GARDEN POTS

Terracotta, or biodegradable plant fibre seed pots.



H: HANKIES

Instead of throwaway tissues.



I: ICED TEA and other COLD DRINKS

Pictured is a reusable durable plastic beaker, made e.g. by "Happy Cups" and bought in bulk for rugby matches etc. Customers usually pay a refundable deposit.



J: JALFREZI & all TAKEAWAYS

Take your own container when possible.



**K: KILNER JARS**

And other GLASS  
JARS for storing food  
in the freezer



**L: LEGGINGS AND  
ALL CLOTHES**

Try to buy fewer  
clothes, and wash  
them less often.  
Natural fibres e.g.  
cotton shed fewer  
fibres when washed.  
Avoid buying  
material like  
Polyester, which  
sheds harmful  
microfibres  
/microplastics



**M: MEAT AND FISH**

Take your own  
container to the  
supermarket counter





**N: NAPPIES**

There are several reusable nappies on the market. Or you can use a traditional terry towelling washable nappy.



**O: OAT MILK**

Easy to make at home, and keep in a glass bottle in the fridge.

Dairy: Milk and More deliver milk, yoghurt and cream in glass returnable bottles.



**P: PERIOD PRODUCTS**

Pictured pads are washable, available from Mama Designs in various sizes.

Or: Plastic-free single-use pads are made e.g. by Natracare and sold in Waitrose.



Q: QUINOA and other UNWRAPPED DRY FOODS

Take your own container to fill in Waitrose



R: REFILL e.g. Washing up liquid.

SESI refill detergents and other products are available in Added Ingredients delicatessen in Abingdon.



S: SHAMPOO BARS

Available in many shops e.g. Superdrug, Boots.



T:TOOTH POWDER  
Instead of tube of  
toothpaste.

DENTAL FLOSS in a  
glass vial instead of  
plastic. From Holland  
& Barrett or on-line  
e.g. Georganics.



U: UVA:  
FINE CEYLON TEA  
And all TYPES of TEA

Use tea leaves in a  
teapot or infuser.



V: VEGAN FOODS  
e.g. FALAFEL

You can make your  
own Falafel with  
chickpeas.





**W: WRITING  
IMPLEMENTS**

When they run out,  
take to a Terracycle  
collection point  
e.g. Ryman's shop in  
Oxford.



**X: XAMPINGON  
MUSHROOMS & all  
VEG AND FRUIT**

Buy in paper bag at  
market, or take  
reusable bag to  
supermarket.



**Y: YOGHURT**

Make your own in a  
yoghurt maker.



**Z: ZANETTI GRANA  
PADANO & all  
CHEESES**

Can be bought at a  
cheese counter, and  
kept in greaseproof  
paper.

