

**BECOME A PLASTIC FREE CHAMPION!**



**SHOPPING BAG**



**WATER BOTTLE**



**BRING YOUR OWN**



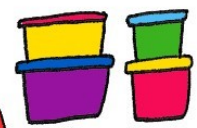
**REUSABLE CUP**



**MEAT**



**CONTAINERS WHEN YOU BUY:**



**TAKE AWAYS**

**DON'T BUY BALLOONS**



**CHOOSE TO REFUSE PLASTIC STRAWS**



**GO PLASTIC FREE THIS JULY**

**PROTECT THE OCEAN**

**AVOID LANDFILL WASTE**



**USE HONEY WRAPS**



**NUT MILK**



**MAKE YOUR OWN DRINKS**



**BISCUITS**



**CRACKERS**



**BREAD**



**HUMMUS**



**DIPS SMOOTHIES**



**BUY IN BULK**



**LEARN TO MAKE**

**CLEANING PRODUCTS**



**LAUNDRY POWDER**



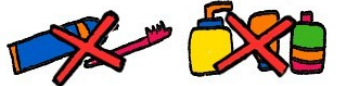
**TOOTHPASTE**



**SHAMPOO**



**DEODORANT**



**AOTEAROA CHOOSE TO REFUSE SINGLE USE PLASTIC**  
[PLASTICFREEJULY.ORG](http://PLASTICFREEJULY.ORG)