

ABOUT/ HOW TO USE

This collection of tips and recipes were inspired by the workshops we ran for Plastic Free Poplar, a project supporting our community in reducing single-use plastic waste and living more sustainably.

Stick it on your wall or keep it in your pocket and pass it on to a friend. Remember that all our small changes add up to make a big difference.

As well as protecting the environment, we hope that these recipes will bring you joy and help you save money.

Sunny Jar Eco Hub is a social enterprise aiming to make low waste living fun and accessible to everyone.

For more tips and recipes visit our website



FOLD
HERE

PLASTIC FREE



RECIPES

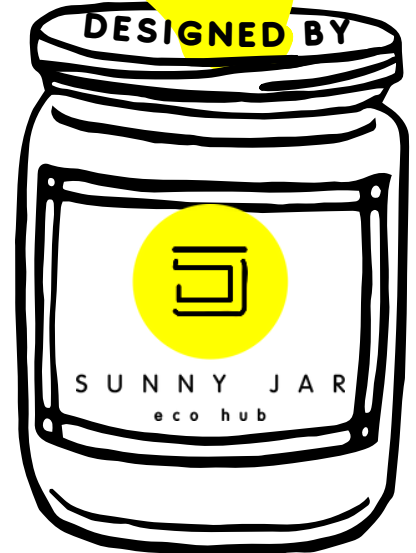
SMALL CHANGES MAKE A BIG DIFFERENCE

SUPPORTED BY



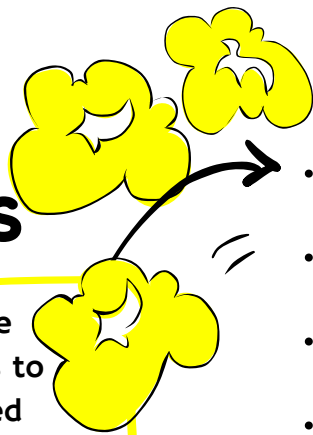
POWERED BY
Wen.

DESIGNED BY



PLASTIC FREE SNACKS

Cheaper and healthier, these are great alternative snacks to shop-bought plastic-wrapped ones.



POPCORN RECIPES:

- Heat 2 tbsp coconut oil or ghee in a pot.
- Add 1/2 cup corn kernels stir.
- Shake every 30 seconds until popping stops.
- Take off heat and add your flavours.

THE CLASSIC
Add salt and sugar to flavour

THE SPICED
Combine cinnamon & honey

LIME & CHILLI
Chilli or cayenne powder combined with lime zest

CHEESY CHIVES
Nutritional yeast & finely chopped chives

ENERGY BITES

Makes 5 large balls

Combine...

10-15 Tbsp Oats

5 tsp Algae syrup

1 mashed banana

5 tsp Sunflower butter

roll in...

cocoa powder

desiccated coconut

whatever's in the kitchen cupboard

List your favourite coatings here:

.....
.....

TIPS TO AVOID UNNECESSARY PLASTIC

1 Grow your own herbs & salad leaves

2 Choose unpackaged fruit & veg

3 Carry your own cutlery

4 Bring your own bags, cups, containers to the shops

5 Learn how to repair

HOMEMADE HERBAL TEA

Create tasty tea blends using this simple ratio: LEAVES: PEELS : SPICE

1 : 1 : 1

LEAVES: Dried nettle leaves

Forage young leaves in local parks, away from main roads.

SPICES :

Cinnamon Stick
cardamom
cloves
ginger

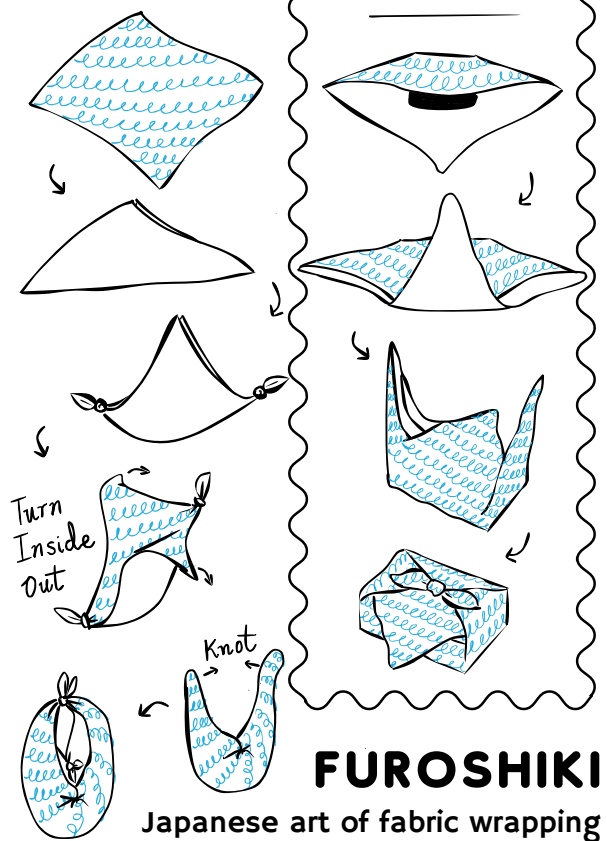
PEELS
Dried Orange & Apple peels

Peels & Leaves can be air dried or oven dried at 100°C for 10 min



Simple Cloth Bag

Basic carry wrap



FUROSHIKI
Japanese art of fabric wrapping

NO-SEW T-SHIRT BAG

Upcycle an old t-shirt into a reusable & durable tote bag.

- Turn your t-shirt inside out.
- Cut both sides of the t-shirt.
 - a) Cut off the sleeves and neckline.
 - b) Cut a fringe along the bottom 2cm apart. Cut first & last strip in 1/2 along the seams
- Tie the front and back tassels together.
- Tie the neighbouring adjacent tassels together, closing the gaps, a to d and b to c.
- Turn your t-shirt back the right way.
 - If you want the tassels out, leave your t-shirt the right way round at the beginning.

KIDS

SAY NO TO SINGLE-USE



Avoid



Use instead

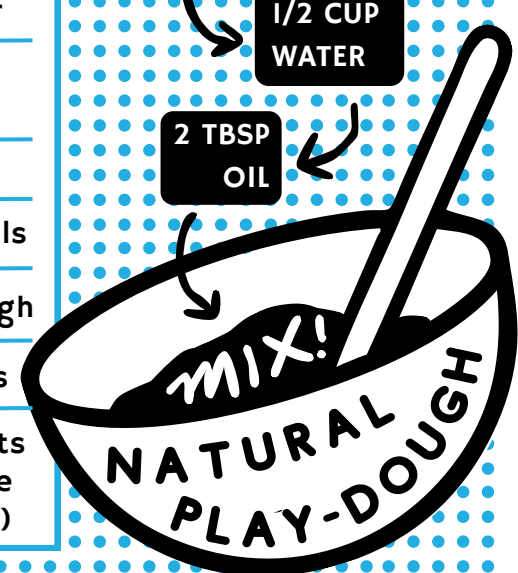
Wet wipes	Flannel and water
Disposable nappies	Cloth nappies
Cling film	Beswax wrap
Glitter	Dried flower petals
Play-Doh	Natural Play-dough
Felt pens	Crayons & pencils
Stickers	Magazine cut-outs & homemade glue (see our website)

1 CUP FLOUR

1/2 CUP SALT

1/2 CUP WATER

2 TBSP OIL



AVOID NEW PLASTIC BY CHOOSING SECOND HAND SHARE, BORROW, SWAP, CHOOSE TO REUSE



TECH
MUSIC
MAGPIE
BACK
MARKET

Services to help you to avoid buying new

STUFF

- FREecycle
- FACEBOOK MARKETPLACE



CLOTHING

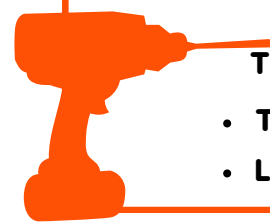


Synthetic Fibres shed microplastics
Try to avoid:
Polyester
Microfibre
Nylon
Acrylic

SHARE/ BORROW:

- FAT LLAMA
- BY ROTATION

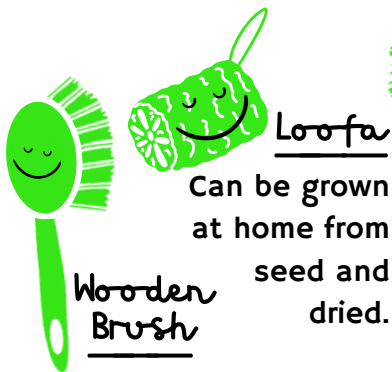
LOOK OUT FOR
SWAP
EVENTS
NEAR YOU



TOOL HIRE SERVICES:

- TOOL LIBRARIES
- LIBRARY OF THINGS

CLEANING



Wooden Brush

Loofa

Can be grown at home from seed and dried.

Coconut Bristles

AVOID Synthetic foam sponge

TOILET BOMBS

Combine
10 TBSP BICARB + 5TBSP CITRIC ACID
... then add
+ 2/3 DROPS OF WATER + 4 DROPS ESSEN. OIL

Mix well and place in an ice cube tray to set overnight. Once set put in an airtight jar & store in a dry place.

BICARBONATE OF SODA

Mild abrasive fights limescale, moisture & odour

ALL-PURPOSE SPRAY

IN A JAR COMBINE:

- 500ML VINEGAR
- LEMON PEELS OR 1 SLICED LEMON

Let infuse for 2 weeks, strain and top up with 500ML of water. Pour into spray bottle to use.



SELF-CARE

Making your own skin-care products is fun, saves money and reduces plastic packaging. Experiment with simple ingredients like soothing oats, moisturising oils, exfoliating coffee grounds and antibacterial bicarbonate of soda.

BATH SALTS

2 DROPS ESSEN. OIL
2TSP DRIED LAVENDER
40G EPSOM SALT
80G OATS



Put mix into an old sock, tie off top and place into the bath & relax

NATURAL DEODORANT

Makes: 1 SMALL JAR

Ingredients:



2 TBSP coconut oil



2 TBSP corn flour



1/4 TBSP bicarbonate of soda



2 Drops essential oil

Method:

Combine all ingredients thoroughly. Apply directly with your fingertips.



PLASTIC-FREE SWAPS

PERIODS



HYGIENE



Reusable pads

Menstrual cups

Shampoo Bar

Reusable makeup pad

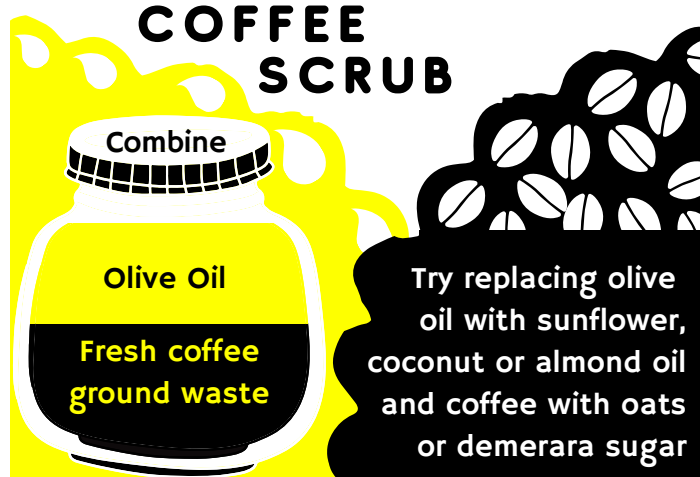
GROOMING



Reusable razor

Use what you have first, until it needs to be replaced.

COFFEE SCRUB



Combine
Olive Oil
Fresh coffee ground waste

Try replacing olive oil with sunflower, coconut or almond oil and coffee with oats or demerara sugar