

WEEK 3

# *Plastic Free Laundry*

1. Wash your clothes without plastic
2. Clean the house without plastic
3. Make your own hand soap from soap berries
4. Catch those microfibres!
5. Shop consciously & buy second-hand where possible

See this week's corresponding blog post for tips on how to achieve these

## PLASTIC FREE LAUNDRY SWAPS

Tick or cross them off as you go

Soap nuts

Bulk laundry powder/liquid

Microfibre laundry bag

Bamboo pegs

Stainless Steel pegs

Wool dryer balls

Natural cleaning cloths

Natural cleaning brushes

Natural rubber gloves

Wool duster

Wood & coconut fibre broom

Steel & wood dustpan and brush

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