Plastic-free purchasing

Food

- × **No baby food pouches!**
- × **Hot, fatty food in plastic, hot drinks in take away cups**
- × **Ultra-processed & fast foods**
- × **Food in excessive packaging - single serves, sachets**
- ✓ Fresh food by the kilo in re-usable bags/containers
- ✓ Buy food in glass rather than cans; store in glass, metal, food-grade silicon
- ✓ Minimise plastic in the kitchen - go for metal, wood, glass, food-grade silicon
- ✓ Filter/filtration system for drinking water

Clothing

- ✓ Merino wool, organic cotton, hemp (non-synthetics)
- × Synthetic activewear & other items right against skin
- × Items labelled “stain-resistant”, "odour-resistant", “flame/fire-retardant”, “advanced fabric technology” and "performance finish" – all code for PFAS!
- ✓ Look for labels indicating lower levels of chemicals:
  - GOTS certified = no PFAS finish, which can even be applied to organic cotton
  - Oeko-Tex® certified = strict limits set on PFAS & other chemicals, independent testing of articles
  - bluesign® = hazardous chemicals banned or tightly limited upstream, auditing of supply chain
  - PFAS free – may be indicated for outer-wear like jackets, snow gear

Home

- ✓ Building/renovating – find healthier materials – visit Habitablefuture.org
- ✓ Fabrics, furnishings, floor coverings/rugs/baby mats that are
  - non-synthetic
  - free of fire/flame-retardants
- ✓ Vacuum cleaner with sealed HEPA filter
- × **No thermal receipts!**
- × Personal care products, candles, air fresheners with ‘fragrance’, ‘perfume’ under ingredients