

LENT PLASTIC CHALLENGE 2020

Freedom from plastic



Week 2: REFILL

Each week of the Lent Plastic Challenge has a new theme and suggestions of how to give up or replace single-use plastic items.

You can do as few or as many that work for you!

Are you starting to run out of cleaning products? In need of some milk? Why not refill! Here are some suggestions below.

Refill shops and Aisles are popping up everywhere, if you can't find one ask your shopkeepers for this service, as things generally change with consumer demands!

Don't forget to share pictures of plastic-free alternatives. There is a nationwide [Facebook group](#).

Find a store near you		Cleaning products	Water	Booze	Dried goods	Milk	Shampoo
<p>UK listings:</p> <p>UK zero waste shop map</p> <p>Zero waste near me</p>	Refill	Laundry, washing and other cleaning products can be refilled from bulk drums. These can be	<p>You never need to buy bottled water again if you carry a reusable bottle.</p> <p>It can be awkward asking for a free refill</p>	Take your own bottles along to a cider shop, brewery or wine merchant for bottle refills or for a party rent a	<p>Pulses, cereals, herbs, coffee, tea,</p> <p>Take your own bags, boxes and jars to get refilled. There</p>	<p>If you don't have a local milkman, in the UK, there are increasingly local dairies selling urns of milk to shops</p>	<p>Faith in Nature offers refills at many shops.</p> <p>Ask yours to offer this service</p>

<p>Worldwide listings:</p> <p>Bepakt</p> <p>Hippie Haven</p>		<p>found at zero waste shops, health food shops and even corner stores now</p> <p>Check left for listings</p>	<p>which is where Refill.org comes in.</p> <p>Check the Refill app for cafes and bars happy to give you H2O for free.</p> <p>Worldwide listings</p>	<p>large keg that you can return.</p>	<p>are instructions on making a bag below.</p> <p>Look left for the shop listings</p>	<p>who can dispense it to people in a refillable bottle.</p> <p>See this map</p> <p>And for the dairy-free option, there are local deposit return schemes popping up selling oat and nut mylks.</p>	
	<p>For the office</p>	<p>You can also get bulk purchase cleaning products that are refillable from FILL or sachets that dissolve from Red office and other suppliers</p>					
	<p>Action</p>	<p>Ask your local retailer for refill options. We have taken our own boxes to buy loose tofu from a Vietnamese supermarket, olives from the delicatessen and cheese from the butchers.</p>					

Make your own reusable bags:

Requirements:

1. Ironed fabric- old bedsheets or pillowcases are ideal
2. Pins
3. Needle and thread or a sewing machine

How to make a bag:

- A. Use an existing plastic or paper bag as a template to get the size you require.
- B. Place your template somewhere where you can fold the fabric over on at least one side- means less sewing!
- C. Fold over the fabric in half with the patterned side facing you.
- D. Fold over 1 centimetre at the top so the edge is not raw edges. Sew over with a sewing machine or hand sew.
- E. Turn the fabric inside out and sew up the sides with a 1cm seam
- F. Turn the bag out and you are ready to go shopping



Remember these are just suggestions- you can do as little or as much of this challenge that works for you!