



Living Wild & Green

Plastic-Free Kitchen Swaps Checklist

Eco Chic: Sustainable + Simple

Single-Use Swaps

- Ditch bottled water → Switch to a stainless-steel or glass bottle
- Replace plastic wrap → Use beeswax wraps or silicone lids
- Skip Ziplocs → Go for reusable silicone bags
- Say no to plastic grocery & produce bags → Bring cotton mesh or canvas totes
- Keep a reusable cutlery kit → For takeout or lunch on the go

Food Storage & Packaging

- Trade plastic containers → For glass or stainless steel
- Buy loose produce → Avoid shrink-wrap & clamshells
- Refill spice jars in bulk → Choose glass over plastic
- Switch coffee pods → To refillable or French press setups
- Try loose-leaf tea → With a stainless-steel infuser

Cleaning Zone

- Swap sponges → For natural loofah or compostable cellulose
- Use bamboo brushes → With replaceable heads
- Buy dish soap refills → Or bar dish soap
- Choose detergent tablets → In cardboard, not plastic bags
- Upgrade spray bottles → To glass with concentrate refills
- Use compostable trash bags → Certified by BPI or OK Compost

Cooking Tools

- Replace plastic spatulas → With bamboo or stainless
- Choose wooden cutting boards → Instead of plastic
- Swap plastic mixing bowls → For glass or metal
- Buy appliances built to last → Stainless steel over cheap plastic
- Use a pour-over or moka pot → Ditch coffee makers with plastic parts

Hidden Plastics

- Pick natural-fiber rugs → Cotton, jute, or wool
- Choose wood-handle brooms → With natural bristles
- Swap microfiber mop heads → For cotton or cellulose
- Avoid PVC shelf liners → Try cork or bamboo mats

Mindset Wins

- Don't toss what still works — replace items as they wear out
- Focus on progress, not perfection
- Celebrate every plastic-free upgrade
- Share your swaps — inspire someone else to start