

Sustainable Summer

Enjoy, Create, Save and Share!
**A practical guide to low waste
summer living.**

**42 different ideas, activities, tutorials and
recipes to have a planet friendly summer.**

First 10 pages FREE!

**Full version is free to Patreons and the
paperback is available on Amazon.**



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Introduction



We created this e-course to help ease the overwhelm of moving to a plastic free life. It is intended to be the start of something long term, if you don't do it all that's OK!

Each worksheet has an idea, on a Summer theme, of something plastic free you can do, make or change. Not every worksheet will suit everyone - that's just life. Do what you can when you want and each small change from each of us will make a global impact. It's like the drop in the ocean that ripples out.

You can also make change by talking about your choices, sharing your ideas and showing people what you use instead. Try not to preach and judge, but if something really worked for you - saved you time or money then others might be interested.

We are on the challenge with you! Let's see what we can all achieve...

ENJOY - things that are fun and you can let your hair down

SHARE - ideas that help us give back in some way

SAVE - you could save money, time, energy or resources

CREATE - upcycling, recycling and making stuff



Huge thanks to
Lynne Jones who
spent patient
hours
proofreading this
book.

Lisa lives with her teenager and too many cats.

She is a graphic and web designer who writes about gentle decluttering, simple living, saving money and being sustainable, she is not a minimalist!



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Claire has four young children and runs two businesses from home.

As well as managing a very naughty Labrador.



Her passion for living an ethical and frugal life in the real world is infectious.

www.thefrugalfamily.co.uk



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Circle the ones you enjoy doing!

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How much plastic?

It is so easy to use plastic every day without noticing it.

You can use this list in different ways. Try marking off each item as you throw away or recycle it. Or write down the number of times you use something. We will have the same list at the end of the month with a list of ideas for plastic free alternatives.

Personal Care	
Shampoo	
Conditioner	
Cleanser	
Toner	
Moisturiser	
Shaving	
Other Face care	
Toothbrushes	
Dental Floss/Picks	
Toothpaste	
Mouthwash	
Shower gel	
Soaps	
Cotton buds	
Deodorant	
Wet wipes	
Make up	
Other Body Care	

Out and about	
Takeaways	
Drinks in disposable	
Disposable cutlery	
Sandwiches	

House Cleaning	
Floor cleaner	
Polishes	
Window cleaner	
Toilet cleaner	
Cleaning wipes	
Other cleaners	

TOTAL A	
----------------	--

Food	
Single use containers	
Single use bottles	
Cling film	
Plastic bags	
Cellophane	
Straws	
Other food plastic	

Laundry	
Washing powder/liquid	
Conditioner	
Brightener	
Steriliser	
Stain remover	
Other laundry	

Kitchen	
Washing up liquid	
Dishwasher	
Surface cleaner	
Oven cleaner	
Fridge cleaner	
Other kitchen	

Other packaging	
Single use hard plastic	
Bubble wrap	
Plastic coated card	
Cellophane	
Envelopes	

TOTAL B	
----------------	--

TOTAL PLASTIC USED = A + B	
---------------------------------------	--



Make an eco-brick

create

save

Why?

Even with reducing and recycling you are still likely to have plastic that you can't do anything with, and this innovative project is a brilliant way to create something useful and practical from that unrecyclable material.

We have added this as the first idea, so that you can fill your ecobrick for the whole of July.

You will need:

- A plastic bottle
- A wooden spoon or similar
- Scissors

An ecobrick is a way of collecting a range of plastic, and stuffing them very very tightly into a bottle (push them in with the wrong end of your wooden spoon after cutting them up with scissors).

Your brick should be packed solid and quite heavy.

Make it beautiful by mixing your colours and use plastic film (like magazine wrappers or bread bags) to pack into the sides and odd spaces.

Make an eco
brick to measure
how much plastic
you use this month



You can then use your eco bricks to build something, or get your local school or residential home making them and build a bench in the park or a table or a chair or.... The possibilities are endless. They can make durable housing and are quite a habit once you start!

If you don't make something with your brick you are still making it easier for the bin men to collect your landfill.

By focusing on plastic in this way, you are likely to find your attitude towards your purchases begins to change, but you will also start to feel that you are back in control of this plastic beast.



Plastic alternatives

Here are a few alternatives to plastic we use every day.

Some are easy to try, others take a little planning. It is worth checking out a zero waste shop, either in person or online to get an idea of what is available now. You might find a plastic free alternative that makes life easier too.

Personal Care	
Shampoo	Soap nuts
Conditioner	Cider vinegar
Cleanser	Almond Oil
Toner	Rose Water
Moisturiser	Coconut Oil
Shaving	Coconut Oil
Other Face care	Oats for Facepack
Toothbrushes	Bamboo
Dental Floss/Picks	Wood toothpicks
Toothpaste	Bicarb
Mouthwash	Diluted Apple Cider Vinegar
Shower gel	Soap + water + coconut oil
Soaps	Buy unpackaged
Cotton buds	Cotton wool and hairgrip
Deodorant	Coconut Oil and Bicarb
Wet wipes	Cloth and water
Make up	Cocoa powder bronzer
Other Body Care	Sugar exfoliate

Out and about	
Takeaways	Tupperware
Drinks in disposable cups	Reusable Cup
Disposable cutlery	Take your own cutlery
Sandwiches	Wax Wraps

House Cleaning	
Floor cleaner	Soap and water
Polishes	Beeswax
Window cleaner	Newspaper and Water
Toilet cleaner	Vinegar and citric acid
Cleaning wipes	Cloth, vinegar and water
Other cleaners	Citric acid for limescale

Food	
Single use containers	Take Tupperware
Single use bottles	Refill when you can
Cling film	Wax Wraps/Tin foil
Plastic bags	Reusable bags
Cellophane	Wax Wraps/Tin foil
Straws	Bamboo, silicone, paper
Other food plastic	Take Tupperware shopping

Laundry	
Washing powder/liquid	Soap Nuts
Conditioner	Vinegar
Brightener	Soda Crystals
Steriliser	Vinegar
Stain remover	Soda Crystals
Other laundry	Air Dry and Sun Bleach

Kitchen	
Washing up liquid	Refill when you can
Dishwasher	Soda Crystals + Citric Acid
Surface cleaner	Vinegar
Oven cleaner	Bicarb
Fridge cleaner	Bicarb
Other kitchen	Borax Substitute

Other packaging	
Single use hard plastic	Avoid when possible
Bubble wrap	Use newspaper
Plastic coated card	Avoid when possible
Cellophane	Use paper
Plastic Envelopes	Can be re-used

Be careful to buy **Soda Crystals** (Sodium Carbonate Decahydrate) also called **Washing Soda** instead of Caustic Soda (sodium hydroxide) which is caustic. Check the packaging and make sure it does not have a 'caustic' warning sign.

Sodium Bicarbonate is known as **Bicarb** or **Baking Soda**. Baking Powder is different and contains other ingredients.



Make a t-shirt bag

create

save

Why?

Because plastic bags take hundreds of years to rot down and they are a big pollutant. A lot of the major shops are phasing out plastic bags too. This upcycle uses an old t-shirt and you don't need any sewing skills.

You will need:

- An old t-shirt
- A pair of scissors

The neck of the t-shirt will be the top and the hem will be the bottom.

Decide if you want the t-shirt to have tassels showing or hidden. If you want them hidden start with the t-shirt inside out.

1) Make the handles by cutting out the neckline and the sleeves.

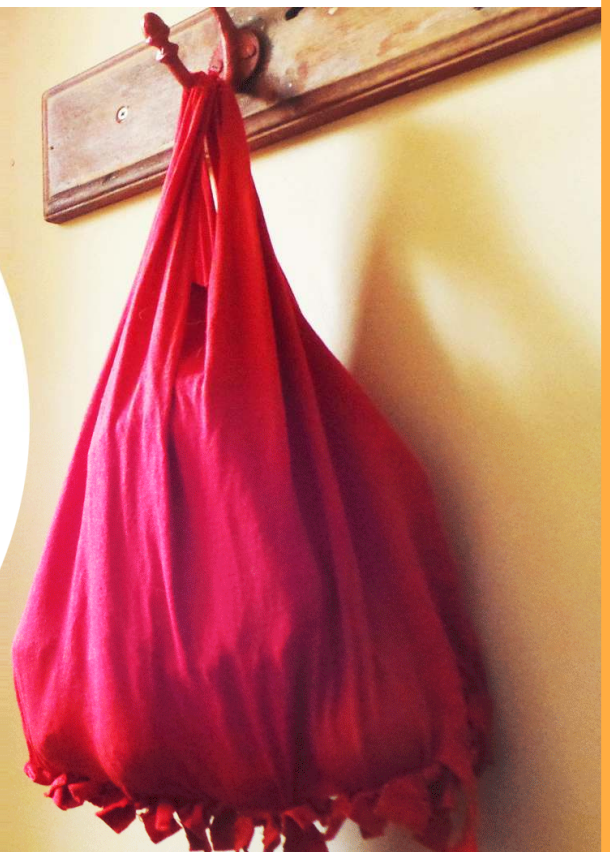
Don't make the handles too thin, they will stretch and get thinner when you use the bag.

2) Cut off the hem close to the stitching

3) Cut 2.5cm wide strips up from the hem about 6cm long.

4) Tie each top strip to the corresponding bottom strip in a double knot.

If the seams at the shoulders split, just tie them in knots too.



create

Reuse a water bottle

enjoy

save

Why?

Because it is better to use something again than recycle it. It saves all the energy needed to melt it down and reform it.

To make a birdfeeder

You will need:

- String
- Plastic Water bottle (any size)
- Stick
- Scissors/Knife
- Food for birds

1) Cut an inverted triangle out of the bottle about 3 cm up from the base.

2) Push the stick through so it rests in the point of the triangle.

3) Tie string around the neck of the bottle.

4) Carefully fill with bird seed to just below the stick.

You can still recycle the bird feeder when it is no longer fit for purpose.

This is just one suggestion to reuse a water bottle before you recycle it, they are also good for:

- **Mini cloche** for seeds.

- **Carrying things** that need to be waterproof e.g. phone charging cables.



- Put a small hole in the lid and leave upside down in a larger plant pot to **'drip feed'**.

- Use to **keep beads or small items** that you need to see.

- Make a 'calm down' or 'search and find' **children's toy**.

- Make a hole in the lid and make a **string dispenser**.

- Put a small hole in the lid and make a squirty water bottle for **seedlings and plant pots**.



Do a litter pick

share

save

Why?

Part of the purpose of Plastic Free July is to raise our awareness of the impact of single use plastic. It can be easy at home when we put everything in the bin to forget how big a problem it really is. This exercise can be very eye-opening!

Litter is becoming a real problem, when it blows around it can get taken into water-ways and food chains, and when just left on the floor it poses a problem to wildlife who may mistake it for food (cigarette butts) or get caught in it (plastic ring pulls). It's also just not nice to look at or live with.

If you've seen The Blue Planet you will know how big a problem this has become.

Just for one moment today consider picking up some litter you see.

Maybe you can add litter picking to your daily routine, on the walk to school or work or just a 10 minute check when you go shopping?

If you are a runner, you may have heard of 'Plogging', when you collect litter during your run - get the whole club doing it and your local community will be sparkling in a very short time.

If you really get the bug you can arrange an event and most local councils will help you with grabbers and bags to have a community clear up.

Challenge:
Pick up 10 bits of litter every day for one week.

You will need:

Something to collect the litter in - one bag for rubbish and one for recyclables. A perfect thing is a bag that was going in the bin already.



Make deodorant

Why?

Because you will save money and you won't be putting chemicals on your skin.

You can make a small amount of this deodorant to see how you get on with it. If you have sensitive skin try it without the bicarbonate of soda as some people can react to it, it is quite drying.

You will need:

- A tablespoon of coconut oil
- A teaspoon of bicarbonate of soda (also known as bicarb, or Sodium Bicarbonate.)
- A drop of tea tree or lavender oil (optional)
- An empty ramekin, small jam jar or a silicone or paper bun case

Melt the ingredients in a small pan over a low heat and pour into the mould.

In the summer keep your natural deodorant in the fridge or a cool place. The coconut oil will solidify in the cold and melt again in the heat.

The first time you use it, leave the container in a warm place giving it enough time to loosen the block. Then you can pick it up and use it just like you would a roll on.

This won't stop you sweating but it will reduce any smells.

Note: Baking powder contains bicarb but won't work so well. You can find pots of bicarbonate of soda in the baking aisle of most supermarkets and grocers.



Make a bath fizzy

create

save

enjoy

Why?

A little bit of pampering is never wasted, and even if you don't want to make this for your own use (they work in the shower too) they could be used as a gift.

By making your own products you reduce plastic packaging and micro plastics being released into our waterways.

Reuse small toys to make a fizzy surprise for kids.

You will need:

- A mixing bowl
- Ice cube tray or cookie cutters or similar for moulds
- A spray bottle with water in
- 2 Cups Bicarbonate of Soda
- 1 Cup of Cream of Tartar
- 1 teaspoon of food colouring (if desired)
- 2 teaspoons of food grade flavouring e.g. vanilla, coconut, lemon, almond

- 1) Mix the dry bicarb and tartar in a bowl
- 2) Add the wet colouring and flavouring and gently mix with your hands
- 3) Spray a small amount of the water and keep mixing until the ingredients are combined
- 4) Use a spoon to add the mixture to your moulds
- 5) Leave them to dry somewhere warm for 12 hours.
- 6) You can add herbs, lavender etc. If you like.

Use them within 2 weeks or the fizz will be lost.

