30 DAYS OF PLASTIC FREE CHOICES































































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Life Without Plastic Jay Sinha, Chantal Plamondon, 2017-12-12 After the birth of their son Jay Sinha and Chantal Plamondon set out on a journey to eliminate plastic baby bottles as the Canadian government banned BPA When they found it was difficult to procure glass baby bottles Jay and Chantal made it their mission to not only find glass and metal replacements for plastic but to make those products accessible to the public as well Printed on wood free FSC sustainable certified paper and with BPA free ink Life Without Plastic strives to create more awareness on the issue of BPA polycarbonates and other single use plastics and provides readers with safe reusable and affordable alternatives While plastic has its uses in technology medical and some products around the home certain single use plastics release chemicals when put in contact with food and water These disposable plastics are also found in produce and cleaning products Jay and Chantal show readers how to analyze their personal plastic use find alternatives and create easy replacements in this step by step guide Get your family healthier spread consciousness and create positive reflection on you for helping the environment Eco-Chic: A Guide to Stylish Upcycling and Repurposing DIY Projects Catricia L Roberson, 2023-12-26 Dive into the world of sustainable style with Eco Chic A Guide to Stylish Upcycling and Repurposing DIY Projects This book is your passport to a fashion forward eco conscious lifestyle Uncover the secrets of turning ordinary items into chic treasures embracing the art of upcycling From runway inspired clothing to trendy home decor redefine your style and contribute to a greener planet Elevate your creativity reduce your environmental footprint and step into the realm of Eco Chic a guide that transforms fashion into a force for positive change *The Ultimate Guide to Sustainable Living:* Practical Tips for a Greener Future Ruang Saintek, 2025-10-12 The Ultimate Guide to Sustainable Living Practical Tips for a Greener Future is a comprehensive guide designed for anyone who wants to reduce their ecological footprint and contribute to a healthier future without sacrificing everyday comfort or practicality Amid the climate crisis plastic pollution and resource inequality this book offers real world solutions grounded in science ethics and everyday wisdom From the kitchen to transportation from investing to diet each chapter provides concrete easy to follow realistic and impactful steps for individuals families and communities alike Packed with practical tips DIY recipes mindful shopping strategies and insights into sustainable policies and innovations this book not only inspires but also empowers Because sustainability isn t about perfection it s about consistent conscious and hopeful progress Whether you re just beginning your green journey or looking to deepen your environmental commitment The Ultimate Guide to Sustainable Living is a trusted companion that will guide you toward a lifestyle in harmony with the Earth and with values of justice care and compassion **Plastic-Free** Beth Terry, 2012-06-15 Like many people Beth Terry didn t think an individual could have much impact on the environment But while laid up after surgery she read an article about the staggering amount of plastic polluting the oceans and decided then and there to kick her plastic habit Now she wants to teach you how you can too In her quirky and humorous style well known

to the readers of her popular blog My Plastic Free Life Terry provides personal anecdotes stats about the environmental and health problems related to plastic and personal solutions and tips on how to limit your plastic footprint Terry includes handy lists and charts for easy reference ways to get involved in larger community actions and profiles of individuals Plastic Free Heroes who have gone beyond personal solutions to create a change on a larger scale Plastic Free also includes chapters on letting go of eco guilt strategies for coping with overwhelming problems and ways to relate to other people who aren t as far along on the plastic free path Both a practical guide and the story of a personal journey from helplessness to empowerment Plastic Free is a must read for anyone concerned about the ongoing health and happiness of themselves their children and 100 Ways You Can Help Save The Planet Earthtopia, 2024-11-07 Popular climate change TikTok sensation the planet Earthtopia brings a book packed to the brim with tips on saving the planet in easy and accessible ways Want to save the planet Start here Earthtopia is here to teach you the little things you can do that make a huge difference to our planet Things like Ditching fast fashion Making your school plastic free Learning to fix your belongings Using reef safe sunscreen Getting involved in political change And bamboo ing your poo With these and 100 other tips that make a massive impact Earthtopia is here to help you live your best life without costing the earth The Animal Lover's Guide to Changing the World Stephanie Feldstein, 2018-06-05 This book is for everyone who loves animals and wants to live a more animal friendly life even if they **Best Ever Travel Tips** Lonely Planet, 2018-11-01 Lonely aren t ready to join a movement or give up bacon Amazon com Planet's pocket sized bestseller is back packed with great ideas insider advice tricks and trade secrets to help you win at travel from scoring that elusive upgrade to staying safe on the road We ve spoken to dozens of seriously clued up travel gurus including industry experts travel writers and Lonely Planet staff so we can pass on their advice to you wherever you re heading whatever your budget Fully revised and updated Lonely Planet's Best Ever Travel Tips is here to help you have a better safer and cheaper trip You ll find tips on everything from booking flights and hotels to nutrition and responsible travel all brought to life with colourful illustrations Now features sections on tech mindfulness social accommodation ethical travel and lots more Travel tips include How to travel light Learn the art of bundle wrapping The truth about flight upgrades Tricks for online hotel booking Vegan and gluten free travel How to beat jet lag On the road remedies Fitness hacks for travellers Haggle like a master World tipping chart Travelling plastic free Curb your fear of flying Avoiding theft and scams How to travel responsibly About Lonely Planet Lonely Planet is a leading travel media company and the world's number one travel guidebook brand providing both inspiring and trustworthy information for every kind of traveller since 1973 Over the past four decades we ve printed over 145 million guidebooks and grown a dedicated passionate global community of travellers You ll also find our content online on mobile video and in 14 languages 12 international magazines armchair and lifestyle books ebooks and more Important Notice The digital edition of this book may not contain all of the images found in the physical edition The Sustainable(ish) Living Guide Jen Gale, 2020-01-09 Easy do able down to earth ideas and

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