

FOLD
HERE

ABOUT/ HOW TO USE

This collection of recipes and tips were inspired by the workshops we ran for Plastic Free Poplar, a project supporting our community to reduce single-use plastic waste and live more sustainably.

Stick it on your wall or keep it in your pocket and pass it on to a friend. Remember that all our small changes add up to make a big difference.

As well as protecting the environment, we hope that these recipes will bring you joy and help you save money.

Sunny Jar Eco-Hub is a social enterprise aiming to make sustainable living fun and accessible for everyone.

For more information visit our website



PLASTIC FREE



RECIPES

SMALL CHANGES MAKE A BIG DIFFERENCE

SUPPORTED BY



POWERED BY Wen.

DESIGNED BY



PLASTIC FREE SNACKS

Cheaper and healthier, these are great alternative snacks to shop-bought plastic-wrapped ones.

POPCORN RECIPES:

- Heat 2 tbsp coconut oil or ghee in a pot.
- Add 1/2 cup corn kernels stir.
- Shake every 30 seconds until popping stops.
- Take off the heat and add your flavours.

THE CLASSIC
Add salt and sugar to flavour

THE SPICED
Combine cinnamon & honey

LIME & CHILLI
Chilli or cayenne powder combined with lime zest

CHEESY CHIVES
Nutritional yeast & finely chopped chives

ENERGY BITES

Makes 5 large balls

Combine... 10-15 Tbsp Oats

5 tsp Agave or Golden syrup

1 mashed banana

5 tsp Sunflower or Nut butter

roll in...

cocoa powder

desiccated coconut

whatever's in the kitchen cupboard

List your favourite coatings here:

.....
.....

TIPS TO AVOID UNNECESSARY PLASTIC

1 Grow your own herbs & salad leaves

2 Choose unpackaged fruit & veg

3 Carry your own cutlery

4 Bring your own bags, cups, containers to the shops

5 Learn how to repair

HOMEMADE HERBAL TEA

Create tasty tea blends using this simple ratio: LEAVES: PEELS : SPICE

1 : 1 : 1

LEAVES: Dried nettle leaves

Forage young leaves in local parks, away from main roads.

SPICES :

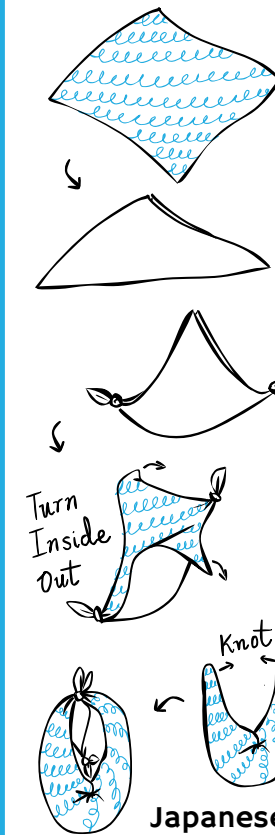
Cinnamon Stick
Cardamom
Cloves
Ginger

PEELS
Dried Orange & Apple peels

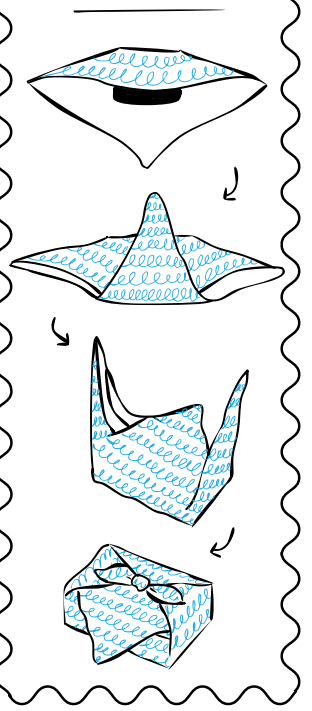
Peels & leaves can be air dried or oven dried at 100°C for 10 min



Simple Cloth Bag



Basic carry wrap



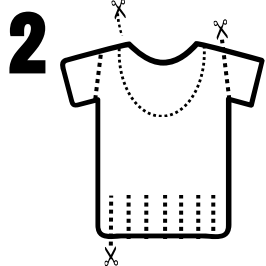
FUROSHIKI
Japanese art of fabric wrapping

NO-SEW T-SHIRT BAG

Upcycle an old t-shirt into a reusable & durable tote bag.

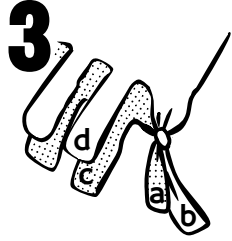


1 Turn your t-shirt inside out.

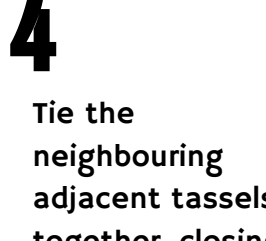


2 Cut both sides of the t-shirt.

a) Cut off the sleeves and neckline.
b) Cut a fringe along the bottom 2cm apart. Cut first & last strip in 1/2 along the seams



3 Tie the front and back tassels together.



4 Tie the neighbouring adjacent tassels together, closing the gaps, a to d and b to c.

5 Turn your t-shirt back the right way.



If you want the tassels out, leave your t-shirt the right way round at the beginning.

KIDS

SAY NO TO SINGLE-USE



Avoid



Use instead

Wet wipes

Flannel and water

Disposable nappies

Cloth nappies

Cling film

Beswax wrap

Glitter

Dried flower petals

Play-Doh

Natural Play-dough

Felt pens

Crayons & pencils

Stickers

Magazine cut-outs & homemade glue (see our website)

1 CUP FLOUR
1/2 CUP SALT
1/2 CUP WATER
2 TBSP OIL



AVOID NEW PLASTIC BY CHOOSING SECOND HAND SHARE, BORROW, SWAP, CHOOSE TO REUSE



Services to help you to avoid buying new

STUFF

- FREecycle
- FACEBOOK MARKETPLACE



CLOTHING

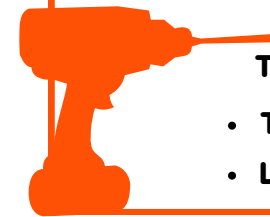


Synthetic Fibres shed microplastics
Try to avoid:
Polyester
Microfibre
Nylon
Acrylic

SHARE/ BORROW:

- FAT LLAMA
- BY ROTATION

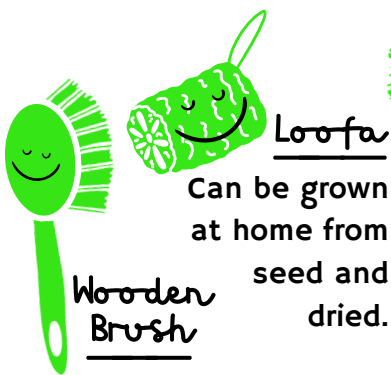
LOOK OUT FOR SWAP EVENTS NEAR YOU



TOOL HIRE SERVICES:

- TOOL LIBRARIES
- LIBRARY OF THINGS

CLEANING



Loofa

Can be grown at home from seed and dried.

Coconut Bristles

AVOID Synthetic foam sponge

TOILET BOMBS

Combine
10 TBSP BICARB + 5 TBSP CITRIC ACID
... then add
+ 2/3 DROPS OF WATER + 4 DROPS ESSENTIAL OIL

Mix well and place in an ice cube tray to set overnight. Once set put in an airtight jar & store in a dry place .

BICARBONATE OF SODA
Mild abrasive fights limescale, moisture & odour

ALL-PURPOSE SPRAY

IN A JAR COMBINE:
• 500ML VINEGAR
• LEMON PEELS OR 1 SLICED LEMON

Let infuse for 2 weeks, strain and top up with 500ML of water. Pour into spray bottle to use.



SELF-CARE

Making your own skin-care products is fun, saves money and reduces plastic packaging. Experiment with simple ingredients like soothing oats, moisturising oils, exfoliating coffee grounds and antibacterial bicarbonate of soda.

BATH SALTS

2 DROPS ESSENTIAL OIL
2 TSP DRIED LAVENDER
40G EPSOM SALT
80G OATS

Put mix into an old sock, tie off top and place into the bath & relax

COFFEE SCRUB

Combine
Olive Oil
Fresh coffee ground waste

Try replacing olive oil with sunflower, coconut or almond oil and coffee with oats or demerara sugar

NATURAL DEODORANT

Makes: 1 SMALL JAR

Ingredients:



2 TBSP coconut oil



2 TBSP corn flour



1/4 TBSP bicarbonate of soda



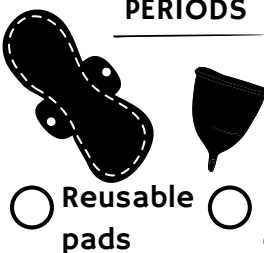
2 drops essential oil

Method:

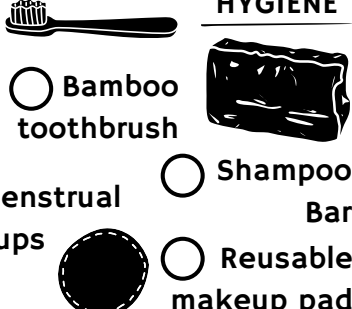
Combine all ingredients thoroughly. Apply directly with your fingertips.

PLASTIC-FREE SWAPS

PERIODS



HYGIENE



GROOMING



Use what you have first, until it needs to be replaced.