**WEEK FOUR CHALLENGE: PLASTIC FREE BATHROOM AND LAUNDRY**

**Tick the column which most closely describes how your week went for each challenge.**

**At the bottom of the page there is space to record difficulties you encountered, or innovations or creative solutions you used.**

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| **WEEKLY CHALLENGE: Sun. April 12 – Sat. April 16** | **Rocked It!** | **Pretty Good** | **Just a Bit**  | **Didn’t Happen** |
| * Look around your bathroom and see what plastics you can replace. Use a bamboo toothbrush, or cardboard or silicone cotton buds; use replaceable blades in razors rather than disposable razors; choose lotions, creams, deodorants and lip balms in plastic free containers.
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| * Use locally made bar soaps instead of liquid hand soap and shampoo in plastic bottles. Or use the “[No-Poo method](https://myplasticfreelife.com/2008/06/no-more-poo/) “ which uses a baking soda & water wash and an apple cider vinegar rinse.
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| * If you buy liquid laundry detergent, or cleaners, find a store which will allow you to refill your container (eg Terra 20); or purchase powdered detergent (weighs less for transport) in cardboard boxes (less energy to recycle), or better yet, try Tru Earth laundry strips.
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| * Better still, make your own cleaning products to avoid buying plastic bottles - and avoid unhealthy toxins at the same time. <https://www.goodhousekeeping.com/home/cleaning/tips/a24885/make-at-home-cleaners/>
 |  |  |  |  |
| * **Community Action:** Share the recipe for make-your-own cleaning products with friends, or better yet, organize a workshop to bring people together to make their own cleaning products.
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For above suggestions try Terra 20; Sisadore; Eco-Store Earthub; Nu Grocery; All-Eco.

**Difficulties you have encountered:**

**Innovations or creative solutions:**