

# A SUSTAINABLE SHOPPING BASKET

## MORE THAN JUST FOOD

Avoiding plastics when shopping is possible, and not only when buying food. It is easy to find everyday products and utensils that are sustainable.

### 1 Personal hygiene

#### BODY AND HAIR

##### Body soaps, shaving soaps and shampoo

Made with essential oils and natural ingredients.

##### Nail brushes, body brushes and combs

Made of wood with natural bristles.

##### Sponges, make-up remover pads and exfoliantscrubbers

Made from natural sources, such as loofah.

##### Moisturising creams and lotions, make-up removers and suntan lotions

Made from ingredients like almond oil, beeswax, olive oil, mineral pigments, etc.

### 2 Home

#### UTENSILS

##### Stainless steel drinking straws

With their own cleaner.

##### Compostable plasters

Made from bamboo fibre and mineral based adhesive.

#### CLEANING

##### Laundry soaps

Natural and made in the traditional way, like Marseille soap.

##### Washing-up liquid and soap

Made from natural oils and ingredients, can be bought in bulk or in a block.

##### Scourers and dishcloths

Made of natural fibres.

### 3 Dental care

Bamboo **toothbrushes**.

**Dental floss** made of natural silk.

**Solid or paste toothpaste**, made using natural essential oils.

**Mouthwash**, in tablet form, with flavours like thyme or mint, made from 100% natural ingredients.