

The Plastic and Pollution Free Kitchen



Most eco-products are a bit more expensive than harmful ones - because the harmful companies don't have to pay for the long-term damage that their products do!

Washing up liquids: For non-toxic ones, try Ecover, Sonnet, Ecozone etc

Dishwasher detergent: Ecover, Ecozone and other Eco-companies make dishwasher tablets that leave your dishes shiny, without any toxic chemical residues and come in individual, plastic free soluble wrapping. Suitable for short washes and on low temperatures; Allergy-friendly.

Cleaning cloths: Look for cloths without man-made fibres - and NOT micro-fibres:

If You Care 100% Natural Sponge Cloths are a porous, and absorbent blend of cellulose, unbleached cotton and mirabilite - a natural mineral salt. 100% renewable. Packaging 100% compostable. 1 cloth replaces up to 15 rolls of paper towels. Machine washable. Non-scratch.

Washing up pad: Loofco A long-lasting, washing-up pad made from Loofah plant - flexible, and durable. Occasionally wash in machine or by hand. Lasts for months and can then be composted. Biodegradable & recyclable alternative to plastics. Hand made in Egypt. Vegan friendly.

Sonnett ecosponge The Sonett Eco Sponge is made of cellulose, sisal fibres and recycled PET. This is a scratch-free sponge, washable up to 60 degrees C. Also suitable for delicate glasses, stainless steel and lotus-effect surfaces. 2 piece pack.

Avoid Antibacterial sprays - it is thought that they are making bacteria more resistant to antibiotics!

Avoid wet-wipes (especially anti-bacterial ones, see above), they break down quickly into micro-fibres - and then stay here for hundreds of years!

Ecos Earth Enzymes Drain Opener: Washing Soda substitute plus natural enzymes.

Ecozone's Oven cleaner 500ml: The natural abrasive will work through even the toughest build ups leaving the inside of your oven sparkling like new. Made in UK. Contains: Sodium laureth sulphate, Pumice stone, potassium sorbate.

Surface cleaner: All of the Eco-companies make them - but I use ordinary eco-washing up liquid for everything except ovens and windows.

Window cleaner: All of the Eco-companies make them, but I like using dilute Ecover laundry liquid, which I also use in the car windscreen wash.



Cooking: Steel pans (not non-stick) and wooden spatulas and spoons are best.
Buy fresh, local ingredients and cook simple, chemical-free meals!

Food: Store in dishes with lids, take-away/ice cream containers rather than using clingfilm or foil.

Food storage: Make sure your fridge and freezer are at the correct temperature to minimise food waste. Look at the best before date - but also use your nose and your common sense before you throw food away. Freeze left-overs in small containers and use them up within a couple of weeks.

Polybag alternatives: greaseproof paper, paper bags, maize/potato starch bags, re-used takeaway boxes.

Bin liners: re-use old carrier bags, maize/potato starch bags.

Clingfilm and foil: greaseproof paper, maize/potato starch bags. Use a plate or pyrex lid to cover food in the microwave or in the fridge.

Packed lunches and Picnics: Re-use ice-cream/takeaway containers, or buy a strong plastic/steel box.

Water filters: If you don't like tap water that tastes of chlorine, use a filter jug or charcoal sticks and then keep re-filling your own long-life water bottles.

Preserve fruit by pickling, or pouring, boiling hot into hot, sterile once-used jars with vacuum lids - it's easy!

