



MONTHLY PLANNER



Month :

Year:

WEEK 1

WEEK 2

WEEK 3

WEEK 4



Weekly LWL Goal

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LWL Tip 1

Swap out single-use plastic fruit & vegetable bags & either take your own or pop them in your trolley loose.

LWL Tip 2

Buying rice this week? Try to refill your own reusable bag rather than buying it in single-use plastic.

LWL Tip 3

Avoid your bin liners and try to use newspaper this week or go liner free & wash your bin at the end of the week!

LWL Tip 4

Save and store your leftover apple pieces and cores in the freezer to make an apple crumble or muffins.





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LWL Tip 1

Try and create your own reusable kit for when you are out and about and pop it in your handbag or the car.

LWL Tip 2

Save all of your vegetable peels and offcuts in the freezer to create a vegetable stock to cook with.

LWL Tip 3

Instead of buying your meat in plastic head to the butcher with your reusable container or have it wrapped in paper.

LWL Tip 4

If you need bread rolls this week try and get them from the bakery in your cloth bag instead of in plastic.

