

FREE STARTER GUIDE

The LessPlasticish Starter Checklist

7 easy swaps to reduce everyday plastic exposure without replacing your whole life.

Use what you have. Replace what matters. Let the rest wait its turn.

Plastic is everywhere, which is exactly why the answer cannot be “fix everything by Friday.” This checklist gives you a calmer starting point: practical swaps around water, food, heat, storage, and kitchen habits.

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Mila's rule: start where plastic touches your routine the most.

The 7 Starter Swaps

Start here. Do not try to overhaul your entire home at once.

01 Fix your daily water setup

If plastic water bottles are part of your weekly routine, start here. Choose a pitcher, countertop filter, under-sink filter, reusable bottle, or portable filter based on your household.

Do this first: Count how often you buy bottled water in a normal week. If the answer is “often,” make water your first bigger swap.

02 Stop heating food in plastic

This is a behavior swap before it is a shopping swap. Move food to glass, ceramic, or stainless before heating.

Do this first: Store however you need to for now. Heat in something else.

03 Replace your most-used food storage first

Do not buy a giant matching set. Start with leftovers, lunch packing, hot/oily foods, and cracked or stained containers.

Do this first: Replace your top 3 most-used plastic containers, not all of them.

04 Retire worn plastic cutting boards and utensils

Deep grooves, melted spatulas, scratched tools, and plastic used with high heat move up the replacement list.

Do this first: Replace worn daily-use plastic before replacing decorative low-use items.

The 7 Starter Swaps

Finish the list. Still no panic, no full-house overhaul.

05 Make lunch and snack packing less plastic-heavy

Try stainless snack containers, paper bags for dry snacks, beeswax wraps, silicone bags for wet/freezer foods, or glass for at-home leftovers.

Do this first: Pick one routine — school lunch, work snacks, or leftovers — and test one swap for a week.

06 Reduce one plastic-heavy convenience habit

Pick one: bottled water, snack bags, takeout containers, grocery bags, produce bags, or individually wrapped snacks.

Do this first: Make the better option easier than the old one.

07 Start with one room

Start with the kitchen: food contact, water habits, heating/reheating, daily repetition, and the easiest product path.

Do this first: Make a “kitchen first” list. Keep it under 5 items.

Your First Week Plan

Day 1	Stop heating food in plastic.
Day 2	Count your bottled water habit and choose your water setup category.
Day 3	Choose your 3 most-used plastic food containers to replace first.
Day 4	Check cutting boards and utensils for wear.
Day 5	Pick one lunch/snack routine to improve.
Day 6	Set up one reusable habit where you will actually see it.
Day 7	Do nothing new. Use the swaps you picked.

What Can Wait

Replace every pantry package • Buy a full cookware set immediately • Throw away usable items out of fear • Overhaul every bathroom product • Replace your wardrobe • Buy a whole-home system before you know your water goals • Chase perfect plastic-free aesthetics

Next Step

If you want the best first higher-impact purchase, start with your water setup. Then come back to food storage and kitchen tools.

Read: [Best Water Filter Swaps for Reducing Plastic Bottle Waste at Home](#)