



## Sustainable Products

Australian parents use 5.5 million nappies every day. And with most wipes currently on our supermarket shelves containing plastic, the majority end up in landfill.

If you're a parent who's passionate about doing the best for your children and the environment, you want to look after the earth your precious little ones will inherit.

You don't have to drastically change your lifestyle, it's hard enough to juggle everything with a new baby. There are a range of decisions you can make, big and small, each day to help reduce your impact on the planet. For those looking for some fun sustainability projects to master during lockdown, we've got you covered too.

## Toys

- **Use what you've got** – there's no need for expensive new baby toys. You are your baby's favourite and most entertaining toy, however when you need something else to entertain them (and give you a well-deserved break) there is no shortage of household items that can be repurposed. A simple wooden spoon and turned up container can be an ideal drum, though there are plenty of toys that can be created with household objects for the crafty parents out there.
- **Choose wooden toys** – wooden toys are made with wood (shock!) so they're biodegradable and can be recycled too.
- **Buy hand made (or make)** – not only can this be a great way to get unique one-of-a-kind options, this is much more sustainable than mass produced items.

## Changing

- **Look for organic bamboo** – in baby clothes, swaddles, nappies, wipes and even ear buds! Organic bamboo is the most sustainable plant on earth, needs little water to grow and is super soft and breathable for baby as well.
- **Choosing change mats** – disposable mats can be very convenient when out and about but when at home, just grab a towel!
- **Nappies** – of course cloth nappies are the most sustainable option but no one can deny the convenience of a disposable nappy. There are many more environmentally friendly disposable nappies available today for a convenient option that is more sustainable.
- **Wipes** - are a life saver in many ways. When at home the best option for baby and planet is some warm water with a clean cloth. Though, it is now very easy to find plastic-free biodegradable wipes that you can even compost at home.



**Food – when you're really looking for a lockdown project.**

- **Make your own** – if you have the time, you may be a super-parent! However, when buying food for babies, look for glass jars or bulk packs for refilling rather than single use plastic.
- **Composting at home** - This is much easier than many realise and can be one of the most efficient ways to minimise landfill.
- **Grow your own** - Using your own compost, grow your own vegetables to organically nourish your little ones once they start solids.

**Ingredients and claims** to look for in any baby products when you're after more sustainable options:

- o Organic materials especially bamboo
- o Sustainably sourced wood pulp
- o Chlorine free
- o Natural fragrances
- o Water based inks & dyes
- o Non toxic ingredients
- o Biodegradability
- o Plastic free

*For more information on nappies made with organic bamboo and*

*100% plastic free wipes, head to [tooshies.com.au](https://www.tooshies.com.au).*

**t<sup>o</sup>oshies™**