



# Online shopping guide for #PlasticFreePeriods

PLASTIC FREE PERIODS

Where to find sustainable period products when you're doing your online shopping. Buy reusables once and they'll last you years!



	MENSTRUAL CUP	PERIOD PANTS	REUSABLE PADS	REUSABLE APPLICATOR	PLASTIC-FREE TAMPONS AND PADS (SINGLE-USE)
OCADO	✓ TOTM £20, Selenacare £17, Be you £15	✓ Wuka £17.99	✓ Selenacare £8.50	✓ DAME £23.80	✓ TOTM £2.80-£3.35, Natracare £1.51- £2.66, Yoni £3.59 - £4.29, Eco by Naty £2.47 - £3.99, Kind Organic £2.99 - £3.99, Flo £1.99 - £4.39, Lil-lets organic tampons and pads £2.99 - £3.79, DAME tampons £3.49, Tampon organic tampons £3.99
BOOTS	✓ Mooncup £20.90, own brand £17, Tampax cup £23.49	✓ Thinx £30-32	✗	✓ DAME £23.80	✓ Dame tampons £3.49, Flo tampons £3.10-£3.60, Kind tampons and pads £2.85 - £3.10, Lil-lets (organic) tampons £3.19, Tampax tampons £3.80, Always pads £2.85
SUPERDRUG	✓ TOTM £15.99, OrganiCup £14.89 - £19.89, Luna £14.99	✓ Wuka £11.99	✗	✓ TOTM £14.99 - £19.95	✓ TOTM liners and pads £1.79 - £2.60, TOTM tampons £1.99-£2.20, Luna pads and liners £1.73 - £1.98, Lil-lets organic tampons and pads £2.49 - £3.00
TESCO	✓ TOTM £20.00 (£15 club card price)	✓ Intima bodyform £24.99	✗	✓ TOTM £15	✓ TOTM applicator tampons £3.20, TOTM liners £2.80, TOTM pads £3.35
SAINSBURYS	✓ Intimina £16.00-£18.00	✓ Wuka £18	✗	✓ DAME £16.95	✓ Yoni pads and tampons £3.25-£3.50, Dame tampons £3.25
WAITROSE	✓ Hey Girls £8	✗	✗	✗	✓ Dame tampons £3.49, Natracare liners and tampons - £1.70 - £2.50, Hey Girls pads £3, Lil-lets organic tampons £2.99, Tampax Organic £4
THE PLASTIC FREE SHOP	✓ Organicup £20.50, Grace and Green £24.99	✗	✗	✗	✓ Grace & Green tampons and pads £4.29 - £4.95, Natracare tampons and pads £2.50 - £3.15
AMAZON FRESH	✗	✗	✗	✗	✓ Natracare pads and liners £1.89 - £2.79, Natracare tampons - £3.26, Organ(Y)C liners £3.49 - £4.29, Organ(Y)C tampons £3.19 - £3.49
MORRISONS	✗	✗	✗	✗	✓ Flo tampons and pads £2.50 - £4.00, Morrisons Sustainable tampons and pads £2 - £2.50
ASDA	✗	✗	✗	✗	✗
CO-OP	✗	✗	✗	✗	✗