naqaae

FREE GUIDE

The mini-guide to living without plastic

Kitchen, storage, bathroom, personal care, cleaning: swap one object at a time.



Naqaae · A plastic-free home, designed in Morocco

Computer-generated image (3D render), for illustration.

Before you start

Living with less plastic does not mean throwing everything away or buying everything new. It means making simple choices, one object at a time, starting with what matters most.

1

Keep what you own

Use your current items until the end. Replace them when they wear out, break, or when you would have to buy new anyway.

2

Start with heat

Heat and wear make plastics release more particles and substances. So start with whatever gets hot.

3

Choose durable

A few solid pieces you can care for and repair beat many disposable ones.

Where to start

- Things that touch heat: cooking spoons and spatulas, reheating containers, kettles and jugs for hot liquids.
- Things that touch food every day: storage boxes, cutting boards, bottles.
- Things that rub and wear: sponges, brushes, cloths.
- Things that touch your skin: bath brushes, soap dishes, toothbrushes.

Research on micro- and nanoplastics is moving fast, and not all health effects are established yet. Reducing avoidable contact is a precaution, not a guarantee.



Olive and walnut trees: the raw material of the collection. 3D illustration.

Kitchen and storage

Kitchen

- Wooden spoons, spatulas and ladles (olive, walnut, beech) for anything that goes in the pot or pan.
- A wooden cutting board, cared for by hand (see the care sheet on the next page).
- In the microwave, reheat in glass or ceramic, without wooden lids or metal, and not in a plastic box, even if it says “microwave safe”. On the stove, stainless steel is fine.
- Avoid pouring boiling liquids into plastic containers.

Storage

- Glass jars for cereals, pulses, dried fruit, leftovers and homemade preparations.
- Baskets in natural fibres (alfa, palm) for bread, fruit, dry goods, laundry.
- A bowl covered with a plate or a lid replaces cling film.
- Label by hand: a grease pencil and paper tape are enough.

A simple habit

Let food cool before you store it, then close the jar. Glass holds on to fewer odours and stains than plastic.



Glass and walnut jars



Alfa basket



Olive-wood spoons

Preview of the collection in preparation. 3D renders, for illustration.

Wood care sheet

A well-cared-for board or spoon lasts for years and ages beautifully.

Do

- Wash by hand in lukewarm water with mild soap.
- Rinse, wipe, then let it dry standing up, in the open air.
- Oil it when the wood looks dry or pale: about once a month with daily use.
- Rub a stain or odour with half a lemon and coarse salt, then rinse and dry.
- After raw meat or fish: hot soapy water, rinse, dry completely. Keep one board for raw food.

Avoid

- The dishwasher, the microwave and long soaking.
- Vegetable cooking oils (olive, sunflower), which can turn rancid.
- Direct heat (radiator, oven) to dry it.
- Deeply cracked boards: replace them.

AFTER EACH USE

Wash by hand, rinse, wipe, then let it dry standing up.

EVERY MONTH

Oil the board or spoon if the wood looks dry or pale.

EVERY YEAR

Sand a rough board very lightly, then oil.

Which oil?

Food-grade mineral oil (from a pharmacy or hardware store), fractionated coconut oil, or a beeswax paste. Apply a thin coat, let it soak in for a few hours, then wipe off the excess.

Wood is alive: small variations in grain and colour are normal.

Bathroom, care and cleaning

Bathroom and care

- A bar of soap on a slotted soap dish, so it dries between uses.
- A bath brush in wood and plant fibres; let it dry in the open air after each use.
- Miswak is a traditional twig (Salvadora persica) used for centuries for oral hygiene. It does not replace a dentist’s advice.

Cleaning

- Loofah sponge, cellulose sponge, cotton cloths (washable at 60 °C), wooden brushes with plant bristles.
- Let sponges and brushes dry between uses; replace them as soon as they wear out or smell.
- Simple products are often enough: black soap or Marseille soap, baking soda, diluted white vinegar.
- A 100% natural sponge or cloth (no synthetic fibres) can go in the compost.

Safety

Never mix bleach with vinegar, ammonia or any other product. Always ventilate the room. Avoid vinegar on natural stone (marble).



Bath brush



Miswak



Loofah sponge



Cotton dishcloth

Preview of the collection in preparation. 3D renders, for illustration.

Your 4-week plan

One goal per week. Tick them off as you go.

Week 1 · Heat

- [ ] Replace plastic cooking utensils with wooden ones
- [ ] Reheat food in glass or ceramic (microwave), or stainless steel (stove)

Week 2 · Storage

- [ ] Move three dry goods into glass jars
- [ ] Get a basket for bread or fruit
- [ ] Skip cling film for one use

Week 3 · Cleaning

- [ ] Replace the plastic sponge with a loofah or cellulose sponge
- [ ] Switch to cotton cloths
- [ ] Try a wooden dish brush

Week 4 · Bathroom and care

- [ ] A bar of soap and its soap dish
- [ ] A wooden bath brush
- [ ] If you like, try miswak

One last word

No material is perfect: wood needs care, glass can break. The most durable object is the one you already own. This guide is informational and does not replace the advice of a health professional.

Naqaae is preparing a first collection of objects without plastic or varnish, designed in Morocco.

Join the waitlist: naqaae.art