

GOING PLASTIC FREE

*tips for reducing your
day-to-day plastic waste*



Use a reusable water bottle and reusable mug for your coffee/tea. Many places even offer a discount for bringing your own mug!

DITCH BOTTLED BEVERAGES

BRING YOUR OWN BAG



Carry a reusable bag with you when you go to the store to avoid having to use plastic bags. Many reusable bags can be scrunched up to a small size so they're easy to bring with you!

BUY IN BULK



Buying items in larger quantities reduces the amount of packaging used overall. If you can, bring your own container and purchase things like flour and nuts from bulk bins.

USE REUSABLE UTENSILS



Avoid plastic utensils by bringing your own reusable ones. If you pack lunch, use reusable containers instead of plastic bags. You could even invest in a reusable straw!