

# 12 WAYS TO REDUCE AVOIDABLE SINGLE-USE PLASTICS

Say no to plastic straws and cutlery

Bring your own reusable mug for beverages

Bring your own reusable water bottle

Get the free Refill app to find places to refill your water bottles

Use a reusable bag for shopping

Take your own containers to supermarket for deli items, fish etc.

Buy items such as fruit and vegetable loose rather than wrapped in plastic

Consider purchasing items (such as washing powder) in bulk, using reusable containers from refill stations.

Swap plastic bathroom products for alternatives e.g. bamboo toothbrush, shampoo bars, non-disposable razors.

Ditch cling film and bring lunch in a reusable container

Give up chewing gum

Consider switching to doorstep milk delivery in reusable glass bottles

