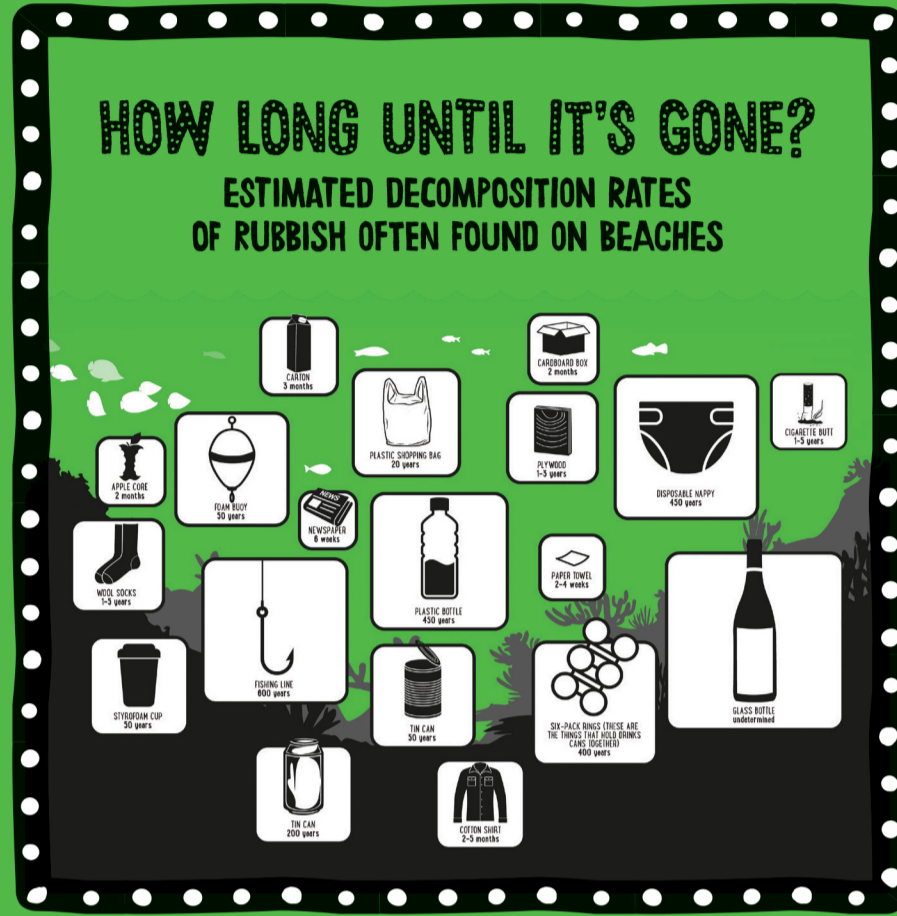
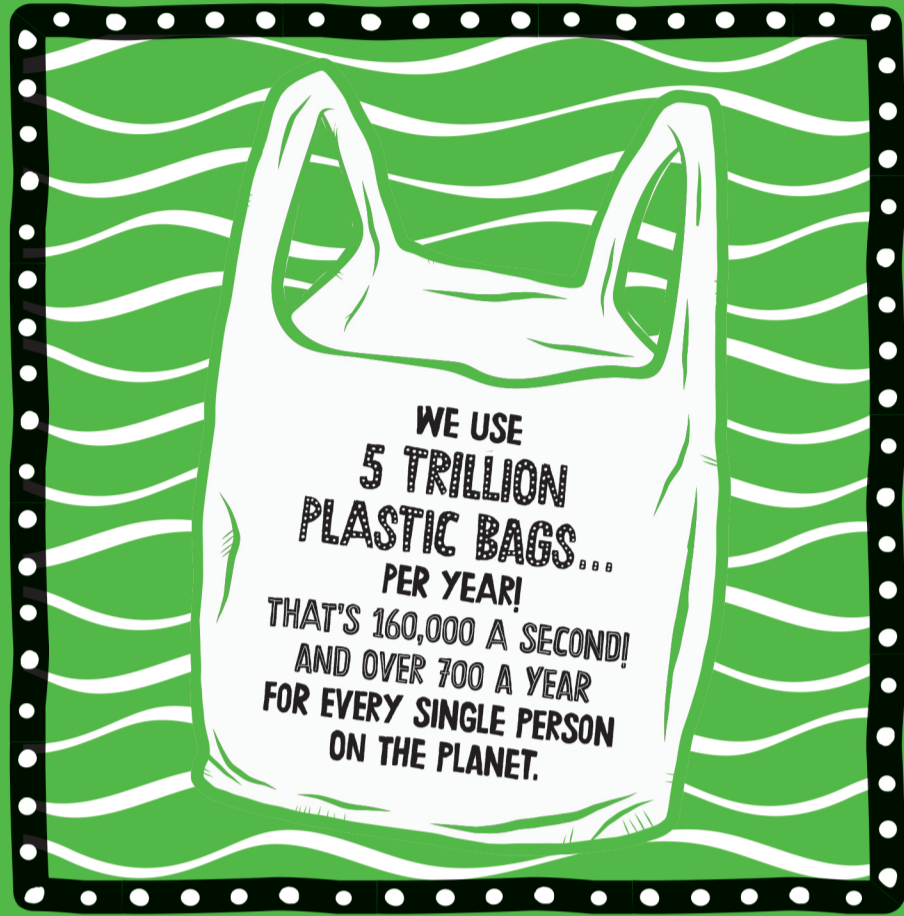


PLASTIC SUCKS!



10 EASY WAYS YOU CAN MAKE A DIFFERENCE

KITCHEN SWAPS

BATHROOM SWAPS

Milk in plastic bottles	➔	Milk in glass bottles – see if there's a milkman in your area who can deliver. <i>Who knew they contain plastic!</i>	➔	Plastic hair brush and comb	➔	Wooden hair brush and comb
Tea bags	➔	Use loose-leaf tea and a teapot. You can also get a reusable metal tea ball. <i>like it's the 80s!</i>	➔	Liquid shampoo and conditioner 	➔	Buy large bottles that last longer, find a shop offering refills if possible or use a shampoo bar
Plastic-wrapped fruit and veg	➔	Buy fruit and veg loose	➔	Liquid soap and shower gel	➔	Use bar soap with paper wrapping
Butter in plastic cartons	➔	Buy a butter dish so that you can purchase butter wrapped in greaseproof paper	➔	Toothpaste	➔	Switch to microplastic-free or use tooth powder
Cheese wrapped in plastic	➔	Cheese wrapped in paper	➔	Plastic toothbrush	➔	Bamboo toothbrush

A ONE STOP GUIDE TO HELP YOU TAKE ACTION NOW, CUT DOWN ON YOUR PLASTIC USE, HELP PROTECT THE ENVIRONMENT AND TEAM UP WITH YOUR MATES TO SAVE THE PLANET.

