

REDUCE YOUR PLASTIC WASTE

plastic change



Your dishcloth
Use organic cotton



Your water bottle
Buy a drinking jar and reuse it



Your cosmetics/lotion
Avoid polyethylene



Your shopping
Use a canvas bag or reuse your plastic bag



Your clothes
Avoid synthetic materials such as polyester, elastane a. o.



Your milk
Buy cartons without screw cap



Your walk outside
Pick up stray plastic and dispose in a litter bin