8 Ways to Reduce Plastic Waste

- Read labels and avoid personal care products that contain polyethylene
- Use paper or reusable shopping bags
- Avoid using plastic drinking straws
- Bring your own reusable water bottle
- Bring your own washable hot (or cold) drink cup
- Use foil or a washable container as a "to go" box at restaurants or when packing lunches
- Recycle as many plastic items as possible
- Choose natural fabrics instead of synthetics

Take the pledge at www.plasticaware.org