

# 8 Ways to Reduce Plastic Waste



Take the pledge at  
[www.plasticaware.org](http://www.plasticaware.org)



Florida Microplastic  
AWARENESS PROJECT

- 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

