FAMILY PLEDGE IDEAS

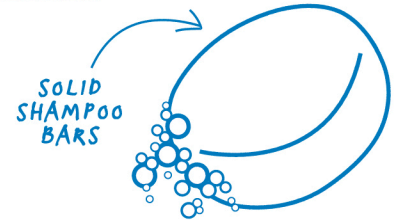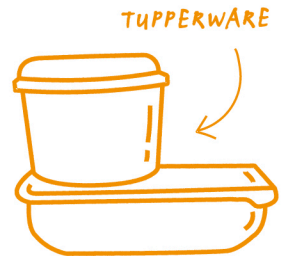### 1 PET
- ☐ Switch to refillable drinks bottles.
- ☐ Avoid goods packaged in PET, choosing items that can be stored in reusable tubs instead e.g. chop your own fruit or cheese cubes

BUY WHOLE AND CUT UP YOURSELF

2 HDPE
- ☐ Switch to larger/refillable containers
- ☐ Donate old, good quality plastic toys
- ☐ Use solid soap and shampoo
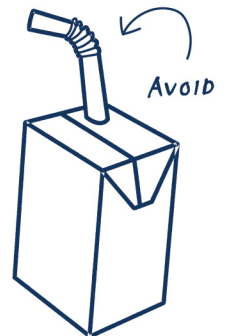
SOLID SHAMPOO BARS

TUPPERWARE

3 PVC
- ☐ Avoid single-use PVC products where possible
- ☐ Replace plastic food wrap with kitchen paper or reusable beeswax fabric wraps
- ☐ Store food items in reusable boxes

4 LDPE
- ☐ Replace plastic shopping bags with fabric ones
- ☐ Buy loose items at the supermarket, rather than bagged

FABRIC BAGS

5 PP
- ☐ Avoid any items with plastic straws - like the ones with milk cartons
- ☐ Choose larger containers instead of many small ones eg crisp packets
- ☐ Find out about local recycling opportunities

AVOID

6 PS
- ☐ Avoid single-use PS where possible
- ☐ Use reusable cups for hot drinks
- ☐ Return packaging to delivery services businesses

7 OTHER
- ☐ Avoid single-use #7 plastics if you can
- ☐ Use metal, glass, bamboo, or silicone containers instead

REUSABLE HOT DRINKS CUP

after playing top trumps, these are the 3 single-use plastics we need to take action to reduce

1 _____
BECAUSE... _____

2 _____
BECAUSE... _____

3 _____
BECAUSE... _____

OUR PLASTIC WASTE PLEDGES

write down the 3 pledges you want to work on to reduce plastic waste here:

1 _____
_____
_____

2 _____
_____

3 _____
_____