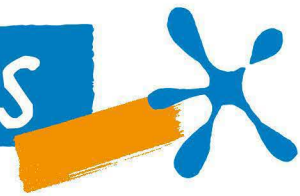


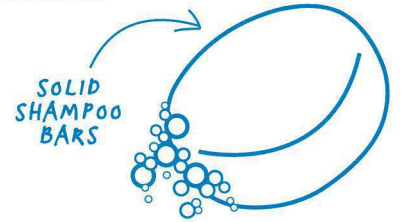
# FAMILY PLEDGE IDEAS



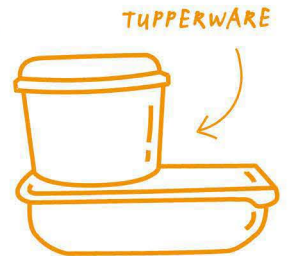
- Switch to refillable drinks bottles.
- Avoid goods packaged in PET, choosing items that can be stored in reusable tubs instead e.g. chop your own fruit or cheese cubes



- Switch to larger/refillable containers
- Donate old, good quality plastic toys
- Use solid soap and shampoo



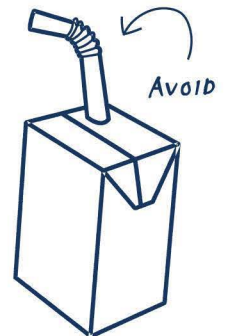
- Avoid single-use PVC products where possible
- Replace plastic food wrap with kitchen paper or reusable beeswax fabric wraps
- Store food items in reusable boxes



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



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



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

REUSABLE HOT DRINKS CUP

CUT ME OUT AND STICK ME TO THE FRIDGE OR PINBOARD!

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

