

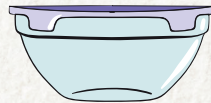


## Ways to reduce **plastic**



### **Bring reusable bags**

Supply yourself with cotton or other durable material bags and remember to take them with you when shopping. In doing so, you will save money, but also inhibit the production of more single-use plastic bags.



### **Choose glass containers**

Glass containers are durable and more resistant to damage. They are easier to clean, do not absorb odours and do not stain from food. They do not need to be replaced as often as their plastic replacements.



### **Don't buy pre-packaged food**

Packaging accounts for a large proportion of the waste we produce. If possible, give up pre-packaged food, use reusable glass containers and prepare meals yourself.

#letstakecareofourplanet



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