



EcoNugget

CURBING OUR CONSUMPTION OF PLASTIC

- Carry reusable bags for shopping.
- Say NO to plastic straws and cutlery.
- Drink beverages from reusable bottles or mugs.
- Use cloth diapers instead of disposables.
- Carry your own containers for take-out food and leftovers.
- Ditch the disposable razor.
- Get the plastic off your face (there are 300,000 plastic beads in a tube of facewash).
- Avoid plastic packaging. Buy in bulk and avoid produce that is sheathed in plastic.
- Ask your local stores to stock items with less plastic packaging.
- Recycle what you can.
- More tips: **100 Steps to a Plastic Free Life:**
myplasticfreelife.com/plasticfreeguide

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