

# TIPS TO REDUCE PLASTIC CONSUME:

## Level I

1- Remember to take a reusable bag to the shops.



2- Do not buy over packed food



3- Avoid buying water bottles.



4- Reuse small plastic bags to buy fruit, vegetables, ...



5- Choose big sizes when buying plasticised products. You waste less plastic.



## Level II

**1-Buy bulk goods.**



**2-Straw, no thank you!**



**3- Avoid restaurants and shop using disposable plates, glasses... Try places where they have reusables.**



**4- Use reusables. Take your own glass to parties, ...**



**5- Choose paper or glass instead of plastic.**



### Level III

**1- Get small cloth bags to buy bulk goods .**



**2- Take your own food containers to the butcher's and food shop.**



**3- Use solid soap.**



**4- Better oils than moisturizing creams.**



**5- Say no to gifts you do not need.**



**6- Use loofah sponge.**



**7- Use wooden toothbrushes.**

