## TIPS TO REDUCE PLASTIC CONSUME:

## Level I

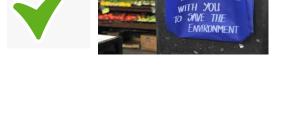
1- Remember to take a reusable bag to the shops.

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.



ALONG





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.









