



















WHAT TO AVOID		HOW TO AVOID IT		YES I'LL DO THIS
	Plastic water bottle		Opt for a reusable drink bottle and fill it with tap water	<input type="checkbox"/>
	Pre-packed fruit and vegetables		Choose loose products (skip the little plastic bag or put in a reusable bag)	<input type="checkbox"/>
	Lightweight plastic bags		Avoid plastic bags (bring a reusable bag or use a cardboard box)	<input type="checkbox"/>
	Takeaway plastic straws		Use a paper straw or carry a reusable one made from steel, silicone, or bamboo.	<input type="checkbox"/>
	Takeaway utensils and containers		Opt for stainless steel or other reusable containers like glass, steel, bamboo, or silicone	<input type="checkbox"/>
	Plastic cutlery		Use reusable metal forks and spoons, or try bamboo, silicone, or stainless steel cutlery	<input type="checkbox"/>
	Plastic wrap for leftovers & sandwiches		Pack food in a reusable lunch box, containers, or beeswax wraps	<input type="checkbox"/>
	Littering: snack wrappers or balloons		Choose snacks with minimal packaging, and skip balloons for eco-friendly decorations like paper bunting	<input type="checkbox"/>
	Bubble wrap		Reusing old packaging or switching to alternatives like shredded paper, cardboard, or fabric	<input type="checkbox"/>