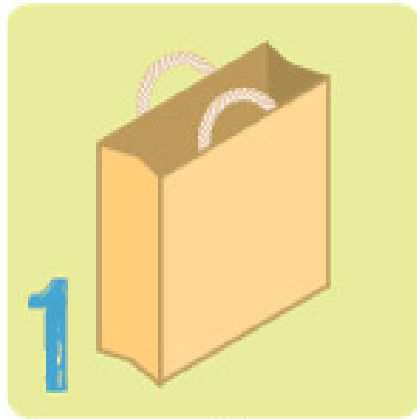


# DROWNING IN PLASTIC

## What could we do while shopping?



Bring re-useable shopping bags



Choose loose fruit, veg and other items



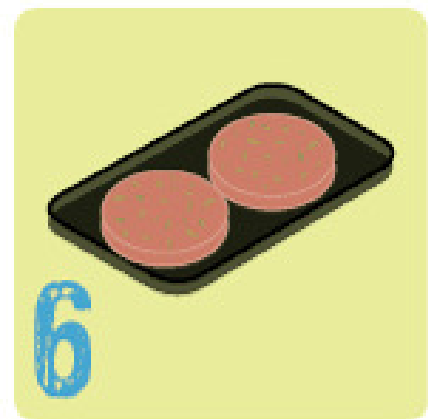
Leave/return unwanted plastic packaging



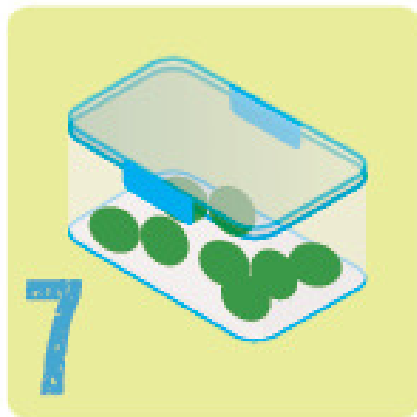
Instead of buying bottled water, refill a waterbottle



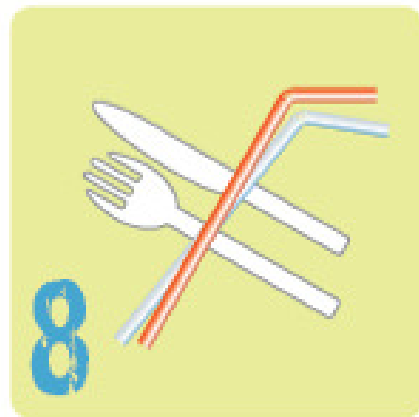
Avoid microbeads e.g. in facewash and toothpaste, watch out for 'polyethylene'



Avoid buying products in non-recyclable plastics



Bring your own containers to use for loose items



Say no to disposable straws and cutlery



Bring your own coffee cup