



# Plastic Free July

## Choose Your Challenge

Check out these tips to reduce your plastic waste and join the worldwide movement for a Plastic Free July (and beyond) by committing to these practices. Challenge your family and friends to join and help our community reduce plastic waste!

### WHAT TO AVOID

### HOW TO AVOID IT

### YES, I CAN DO IT ✓

*Putting the wrong type of plastics in the recycling cart.*

Only recycle plastic bottles, tubs, and jugs. No other plastics are accepted. Avoid as much plastic packaging as possible.

*Pre-packed fruit and vegetables.*

Choose loose products to skip the plastic wrap and bags. Bring your own reusable produce bags.

*Disposable utensils and straws.*

Pack a set of reusable cutlery to use on the go. Headed home with takeout food? Request no plastic cutlery with your order and use what you have at home. Refuse plastic straws when you don't need one.

*Plastic food wrap for leftovers and sandwiches.*

Use a reusable container to store food or use beeswax wraps that can be reused.

*Disposable beverage cups.*

Keep a reusable mug or cup in your bag, at your desk, or in your car to bring with you to the café, boba shop, or fast-food restaurants.