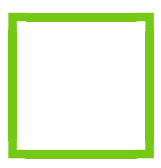
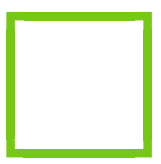


STEPS TOWARDS PLASTIC-FREE (ISH)

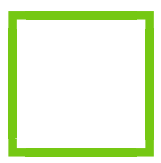
BABY STEPS



Dig out your re-usable shopping bags and remember to take them with you!

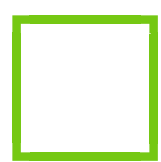


Find a re-usable coffee cup that you love - there are so many different ones out there!

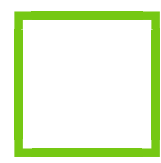


Make sure everyone in your family has a re-usable water bottle (and uses it!)

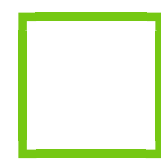
BIGGER STEPS



Do a 'plastic audit' - keep your plastic waste for a week and dive in to identify your main plastic culprits

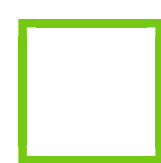


Get a fruit and veg box delivered to reduce your plastic packaging in one easy step



See if you have a local milkman who can deliver milk in glass bottles

GREAT STRIDES



See if you can go a whole week without single use plastics...!

HEAR MORE PLASTIC FREE (ISH) TIPS ON
THE SUSTAINABLE LIFE PODCAST

