BEGINNER'S GUIDE TO

LIVING WITH LESS PLASTIC

9 TIPS TO GET YOU STARTED

Reusable Bags

Switch the Straw

Water Bottle

Your Own Cup

Produce Bag

Eat More Plants

Toothbrush

Soap Bars

Second Hand

Lindsay Miles | treadingmyownpath.com

Plastic Free For Beginners

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Plastic Free For Beginners:

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