

BRING YOUR OWN  
REUSABLE COFFEE CUP



GROW YOUR  
OWN FOOD

USE PLASTIC-FREE  
PERIOD PRODUCTS



SAY NO TO  
PLASTIC CUTLERY



# EASY WAYS TO **CUT OUT** PLASTIC

SWITCH TO  
REUSABLE STRAWS



CARRY A REUSABLE  
WATER BOTTLE



BUY SECOND HAND



BRING YOUR OWN  
SHOPPING BAGS

# Plastic Free Ideas

**R Bogdan**



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