

# 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](http://treadingmyownpath.com)

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**M Walker**



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