

Avoiding Plastics: Do's and Don'ts

DO:

- Use glass, stainless steel, or ceramic containers



- Filter your tap water



- Ventilate your home



- Buy fresh, unpackaged food



- Choose plastic-free products

DON'T:

- Use disposable plastic bags, straws, or cutlery



- Microwave food in plastic containers



- Use personal care products with microbeads



- Ignore product labels - read them carefully



- Rely on bottled water