

# BEAT PLASTIC POLLUTION EVERY DAY

## REDUCE YOUR USE OF PLASTICS

### THE 3 STAPLES

ALWAYS CARRY  
YOUR OWN



### AVOID PLASTIC PACKAGING, OPT FOR:



Unpackaged fresh fruits, vegetables and cereals



Bulk packaged goods in grocery stores



Glass, aluminium or tin packaging



Refillable soap dispensers, shampoo bars

### CHOOSE NON-PLASTIC ALTERNATIVES



Use biodegradable materials like paper and wood, or reusable metal for cups, plates, cutlery, straws etc.



Prefer plastic-free diapers and sanitary pads



Use a bamboo toothbrush



Replace cling film with beeswax paper



Make coffee using decoction filter or French press instead of pods



Choose clothing made from natural instead of synthetic materials



Use matches instead of lighters

SAY NO!



Thermocol (Polystyrene)



Chewing gum



Cosmetics with plastic microbeads

## REUSE TO THE EXTENT POSSIBLE



Reuse takeaway boxes for sharing home-cooked food with family and friends



Reuse plastic bottles as water sprinklers for your home garden



Donate synthetic clothes in good condition instead of junking them

## RECYCLE PROPERLY

BUY PRODUCTS  
MADE FROM  
RECYCLED PLASTIC

CLEAN AND STORE PLASTIC WASTE, AND ENSURE THAT IT IS RECYCLED (ESPECIALLY PET, HDPE, LDPE and PP)



Water and beverage bottles



Shampoo and detergent bottles



Plastic toys



Thick plastic bags



Milk pouches and others



## PLAY YOUR PART OUTSIDE YOUR HOME



Create awareness and deploy innovative solutions in our communities, housing societies, workplaces

For example:  
set up common plastic collection points



Participate in clean-up drives at beaches/lakes/rivers, and plastic collection & recycling drives



Participate in civic planning and hold local government bodies accountable



Support NGOs working on plastic waste management through volunteering support or donations. Buy products made from plastic waste by NGOs