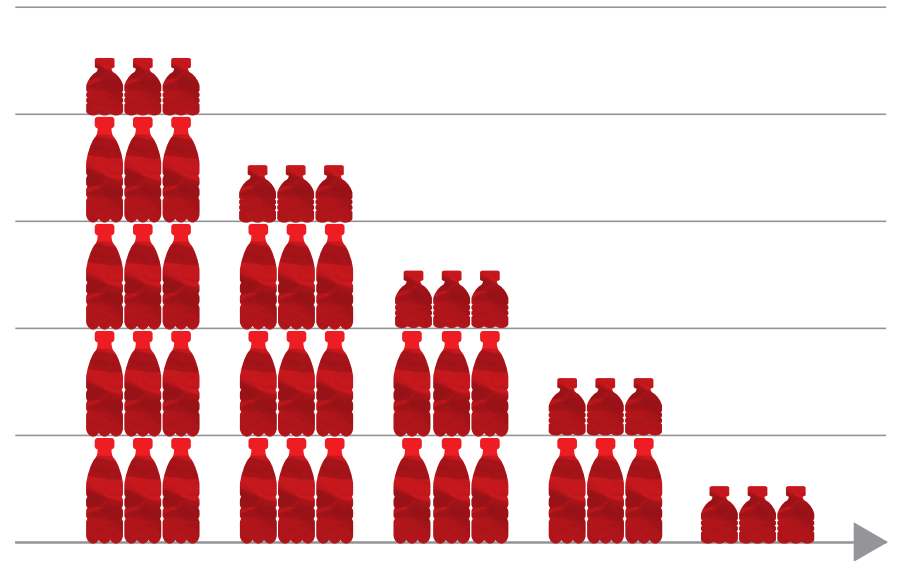


Here are some of the ways you could cut your plastic use and reduce plastic pollution:

- Switch to a reusable drinks bottle
- Bake your own biscuits to save on plastic wrappers
- Wrap sandwiches in an empty margarine tub or wax wraps instead of clingfilm and plastic bags
- Avoid drinks in plastic cartons and plastic bottles
- Buy one large family pack of crisps instead of lots of small packets
- Use recycled pens and stationery
- Use plastic free toys

BE PLASTIC FREE



Five things we can do

My name is

BE THE CHANGE

BE THE CHANGE

Think of five ways you can reduce the amount of plastic you use at school and home this month. There are some ideas on the next page to get you started.

1

You can tick here when you complete your task



2



3



4



5

