



# 10 Ways to Reduce Plastic Pollution

- 1** Make sure to deposit all your plastic bottles and other recyclables into the appropriate receptacles in the building.
- 2** Choose reusable cups over disposable paper or plastic cups during your breaks.
- 3** Use metal cutlery rather than disposable options when you are eating.
- 4** Choose foods with little or no plastic packaging to reduce waste.
- 5** Avoid using paper or plastic zip lock bags for lunch and bring a reusable lunch bag.
- 6** Bring your own container for leftovers when dining out to avoid packaging in disposable containers.
- 7** When you go out to eat, request "no straw please," to avoid the single-use plastic straw.
- 8** Buy products packaged in cardboard containers instead of plastic containers when you can, such as laundry detergent.
- 9** If you have to use plastic, avoid those labeled as types #3 PVC, #6 PS, and #7 other.
- 10** Most importantly, ask friends and family to do their part to reduce plastic pollution.



For more information, contact Environmental Programs at 949-724-7669.