

9 TIPS FOR LIVING WITH LESS PLASTIC



1 Bring your own shopping bag



2 Carry a reusable water bottle



3 Bring your own cup



4 Pack your lunch in reusable containers



5 Say no to disposable straws & cutlery



6 Skip the plastic produce bags



7 Slow down and dine in



8 Store leftovers in glass jars



9 Share these tips with your friends

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Plastic Free Living Alternatives Tips

Jay Sinha, Chantal Plamondon



Plastic Free Living Alternatives Tips:

Life Without Plastic Jay Sinha, Chantal Plamondon, 2017-12-12 After the birth of their son Jay Sinha and Chantal Plamondon set out on a journey to eliminate plastic baby bottles as the Canadian government banned BPA When they found it was difficult to procure glass baby bottles Jay and Chantal made it their mission to not only find glass and metal replacements for plastic but to make those products accessible to the public as well Printed on wood free FSC sustainable certified paper and with BPA free ink Life Without Plastic strives to create more awareness on the issue of BPA polycarbonates and other single use plastics and provides readers with safe reusable and affordable alternatives While plastic has its uses in technology medical and some products around the home certain single use plastics release chemicals when put in contact with food and water These disposable plastics are also found in produce and cleaning products Jay and Chantal show readers how to analyze their personal plastic use find alternatives and create easy replacements in this step by step guide Get your family healthier spread consciousness and create positive reflection on you for helping the environment by taking action

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A Zero Waste Family Anita Vandyke, 2020-12-01 Trying to live a zero waste life while simultaneously raising a family can feel almost impossible at times but Anita Vandyke bestselling author of A Zero Waste Life is here to help A Zero Waste Family is a gentle thirty day guide highlighting the lessons Anita learned during her first year navigating motherhood while also studying medicine and still trying to reduce her waste Here she shares innovative ideas about how families can work together to decrease their household waste and make their lives easier richer and more purposeful and less full of clutter and distractions As parents we are constantly juggling the needs of children work chores and money This book is not designed to add to the guilt that we already feel It s about showing how by applying zero waste and minimalist principles being an eco parent doesn t have to be difficult and that by making small changes as a family we can make a big difference to our world for our children and future generations The Twin Cities Green Guide ,2001 Quitting Plastic Clara Williams

Roldan, Louise Williams, 2019-02-04 A great guide to the many things you can do to reduce your plastic footprint Craig Reucassel ABC TV's War on Waste Where do you start if you want to reduce the plastic in your life Especially when most of us are wearing it eating and drinking from it sitting on it walking on it and probably even ingesting it Anywhere you go plastic is within easy reach even in Antarctica and the North Pole We didn't quit plastic overnight In fact it's still a work in progress But along the way we have learnt a lot by researching the issue from the grass roots up speaking to people and finding out what works and what doesn't We answer the tricky questions like How will I wash my hair Do I have to give up crackers What about my bin liner and Is this going to be expensive As we continue to remove throw away plastics from our daily lives we've discovered we're friendlier with our local communities we're eating healthier food and de-cluttering happens by itself It feels great The simple practical tips in this inspiring guide will help you reduce plastic in your daily life and help the planet too every little bit counts Rebecca Prince Ruiz Plastic Free July Foundation

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