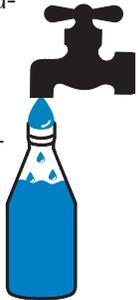


# 10 Easy Ways to Reduce Your Plastic—and Carbon—Footprint!

**1**

BYOB—Bring your own bottle full of delicious tap water instead of buying water in plastic bottles. Manufacturing just one plastic bottle produces 22.5 pounds of greenhouse gases (not including those produced during transportation).



**2**

BYOM—Bring your own mug to work or the coffee shop. Manufacturing just one disposable cup generates 87.6 pounds of greenhouse gases.



**3**

Ditch the juice box! Those little “boxes” are made of cardboard and plastics that are not recyclable or compostable. Buy juice in bulk and enjoy it from reusable containers like Mason jars.



**4**

Pack food in wax paper bags or aluminum foil (both recyclable) instead of Ziploc bags and plastic wrap. Store leftovers in wax paper, aluminum, or on a covered plate instead of using plastic wrap.



**5**

Skip the straw! Don't use straws or plastic lids on take-out beverages. Ask your waiter to hold the straw when you dine at a restaurant.



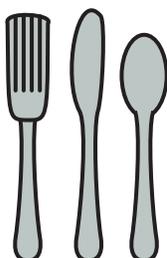
**6**

Boost the bar! Use bar soap instead of liquid soap in plastic bottles. Bars of soap are usually less expensive, last longer, and work great for washing hands and bodies.



**7**

Take your silverware to work—and home again—instead of using non-recyclable plastic utensils. If you need to use disposable utensils for an event, choose those made from potatoes or cornstarch, which can be composted.



**8**

Refuse to buy products with excess plastic or Styrofoam packaging. Choose products made from natural fibers and recycled, recyclable materials.



**9**

BYOB—Bring your own bag to the store with you instead of purchasing a plastic or paper bag. Manufacturing just one plastic bag produces 20 pounds of greenhouse gases (not including those produced during transportation).



**10**

PUP (Pick Up Plastic). Pick up plastic litter on the street or wherever you see it. Plastic is harmful to wildlife and can choke or kill birds and other animals.

