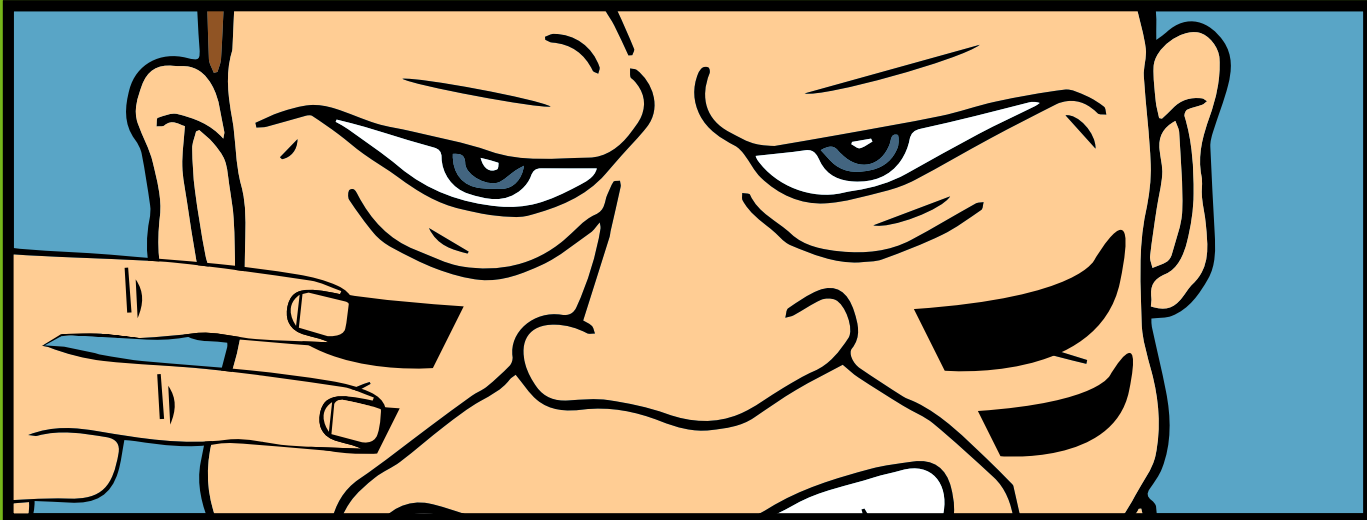


KICK OUT PLASTIC SUSTAINABILITY SURVIVAL GUIDE

Our planet is in a state of emergency, and close to the point of no return. Here's a handy survival guide to help reverse the damage.



01. Roll up your sleeves



This is your time to shine. Stand up for what's right, and don't let any flippy-floppy excuses get in your way.

02. Tool up



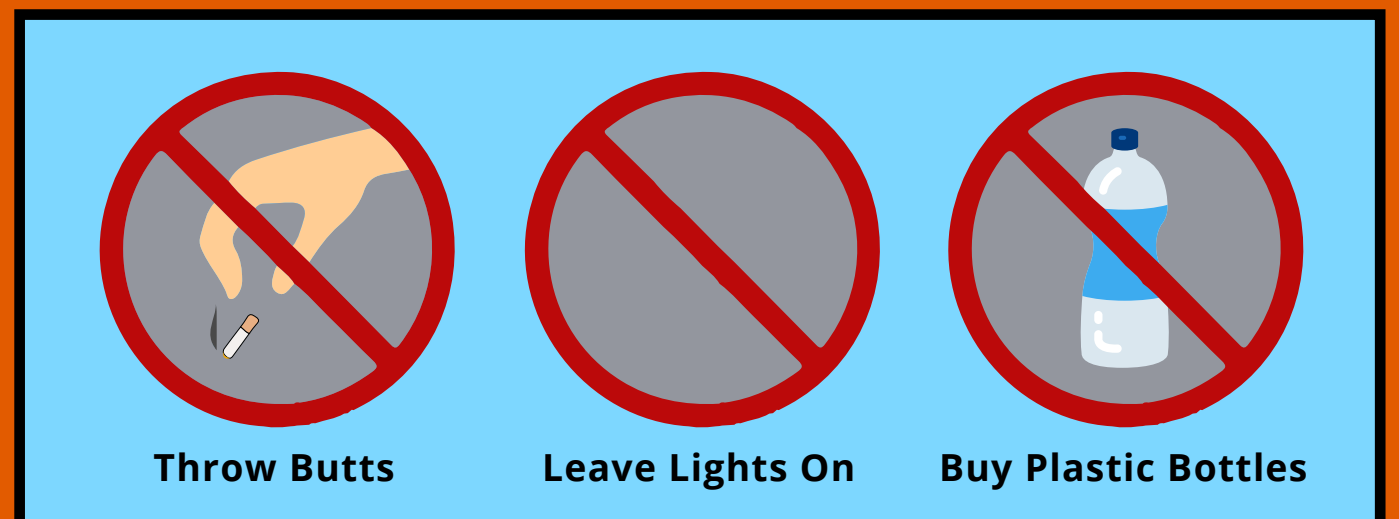
Essential survival kit: a reusable bag, water filter, recycling bins, reusable containers, flask & water bottle.

03. Get comfortable with saying "NO"



Once you pop, you can't stop; but at first, saying no to harmful single-use plastics can feel a little awkward.

04. For optimal results, do not:

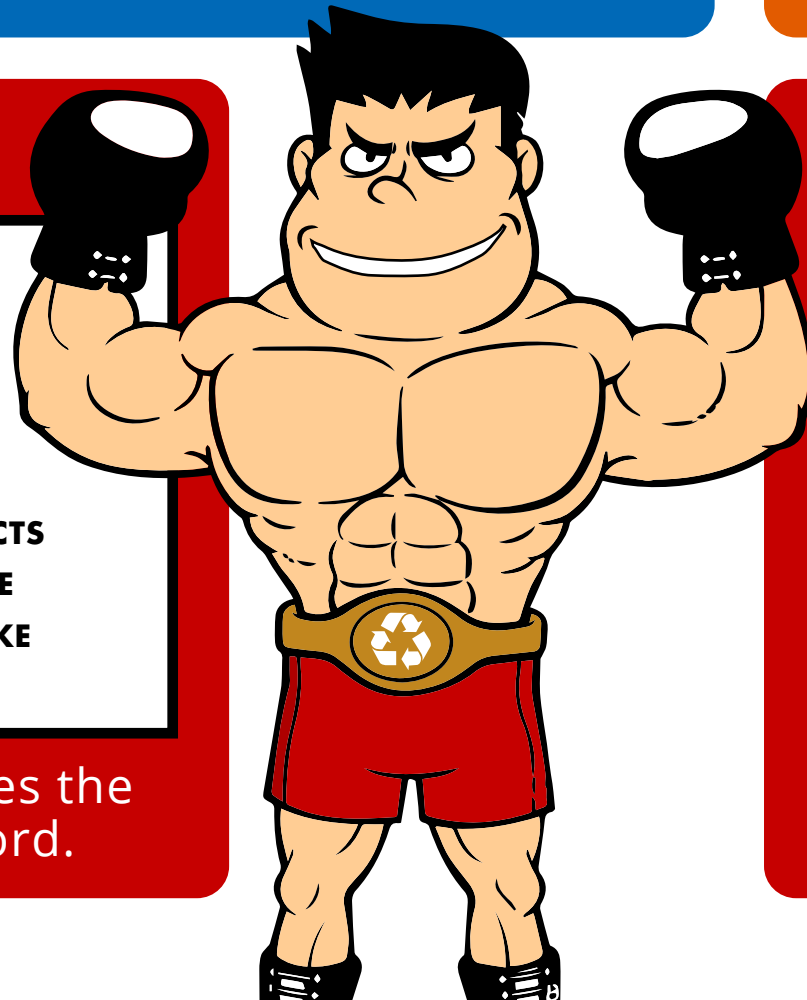


Take your sustainability status up a notch by reducing your own environmental impact down to absolute zero.

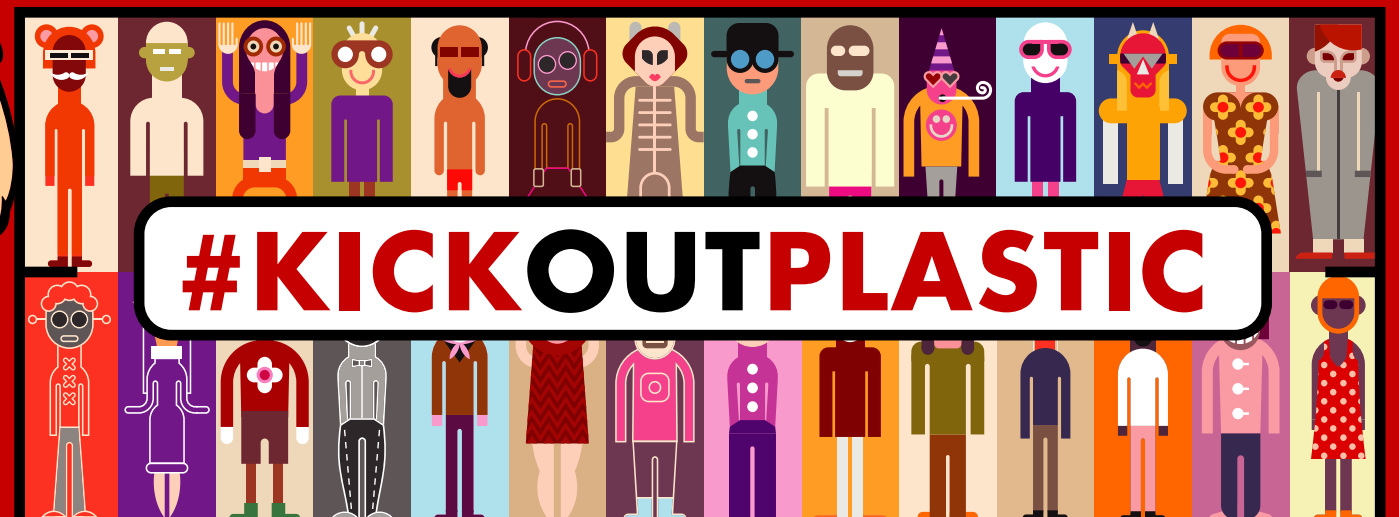
05. Act like a champ

- ✓ RECYCLE EVERYTHING YOU CAN
- ✓ SWAP THE HEATER FOR A JUMPER
- ✓ JOIN A LOCAL BEACH CLEANUP
- ✓ USE JARS FOR STORING LEFTOVERS
- ✓ BUY LOCAL PRODUCTS, LOCALLY
- ✓ USE ECO-FRIENDLY CLEANING PRODUCTS
- ✓ FIND THE NEAREST ZERO WASTE STORE
- ✓ USE PUBLIC TRANSPORT OR RIDE A BIKE
- ✓ TRY OUT #MEATLESSMONDAY

Taking action is what separates the champs from the chumps. Word.



06. Literally tell everyone you know



We cannot do this alone. Share this survival guide and help #KickOutPlastic today.