



HOW CAN I BE MORE SUSTAINABLE?

Tangible tips & advice



Not all plastics are necessarily bad,
but when we talk about single use plastics,
we need to **KICK THEM OUT!**





WHY IS SINGLE USE PLASTIC BAD?

Plastic is made from fossil fuels and has a huge carbon footprint during production.

Unless it is recycled, all of it will still be here in hundreds of years.

Unfortunately, only a small percentage of the plastic will be recycled

Due to the use of softeners during the production process, it can leach toxins into food and beverages, which are known to harm our health, i.e. hormone disruption and cancer.

It pollutes our oceans and kills marine animals and birds.

Plastic doesn't degrade completely; it will only break up into smaller particles which will enter the food chain eventually.



By 2050, there will be more plastic in the sea than fish.

Don't you think it's time to **#KickOutPlastic** now?



11 WAYS HOW I CAN KICK OUT PLASTIC?

1. Refrain from using plastic straws

Use a reusable stainless steel or glass straw instead.

2. Use a reusable shopping bag

A single plastic bag can take hundreds of years to degrade. Take a reusable bag when shopping.

3. Buy boxes instead of bottles

Products like laundry detergent come in cardboard also, which is easier to recycle than plastic.

4. Purchase food in bulk

Food, like pasta, rice and cereal from bulk bins and bring a reusable bag or container to avoid packaging waste.

5. Reuse containers

Reuse containers for storing leftovers or shopping in bulk.

6. Reusable bottles and mugs

Use a reusable bottle or mug for your beverages, even when ordering from a to-go shop

7. Avoid buying frozen foods

Their packaging is mostly plastic. Even those that appear to be cardboard are coated in a thin layer of plastic.

8. Don't use plasticware

Use silverware at home and be sure to request restaurants do not pack them in your take-out box.

9. Razors, combs & toothbrushes

Use razors with replaceable blades instead of disposable razors. Use wooden or bamboo combs and toothbrushes.

10. Buy fresh and bulk

Opt for fresh fruits and veggies and bulk items instead of products that come in plastic wrapping or as a single serving.

11. Stop chewing gum

Give up chewing gum, it is made from plastic



HOW CAN I ADAPT TO A MORE SUSTAINABLE WAY OF LIFE?

Energy

- Switch to renewable energy, i.e. solar panels or wind turbines and check the portfolio of your utility company.
- Turn off lights when not needed
- Limit the use of heating and air conditioning
- Air dry clothes, instead of using a dry tumbler.
- Replace light fixtures with energy efficient bulbs
- Take stairs not elevators to save energy
- Unplug all devices instead of running them in standby (Still using power)



Shop Smart

- Buy local and seasonal when possible
- Buy recycled, biodegradable or ethical products when possible
- Support certified, eco-friendly businesses
- Buy only sustainably certified seafood
- Reduce meat intake
- Avoid packaged products
- Buy fresh and avoid processed food
- Avoid products involving animal testing
- Check for eco-labels and certifications



Transportation/Mobility

- Switch to an electric vehicle if driving is unavoidable
- Ride a bike or walk to work when possible
- Use public transportation when possible
- Opt for video conferencing rather than business trips (FaceTime, Skype, WhatsApp)
- Consider carpooling when possible



Waste

- Limit use of paper towels or replace them with textile
- Switch to paper-free billing
- Avoid printing and print double-sided when possible
- Stop using coffee capsules, they create a huge amount of waste. If you do use capsules, make sure they get recycled or buy compostable alternatives
- Recycle everything possible, like plastic, paper/cardboard, glass, electronic scrap





HOW CAN I ADAPT TO A MORE SUSTAINABLE WAY OF LIFE?

Water

- Turn off the tap when not being used, i.e. brushing your teeth
- Shorten showers
- Drink tap water instead of bottled. Install/use a water filtration system, if the quality of the tap water is not sufficient
- Eliminate products containing microbeads
- Avoid toxic cleaners, use eco-friendly cleaners instead
- Be aware that a huge amount of water is used to produce certain products





General

Get Involved

- Find a cause and support it
- Volunteer for a local cleanup
- Talk about these commitments with your peers
- Send this pledge to a friend
- Lead by example



Advice

- Reusing over single-use
- Bio-Plastics are no solution, they do not biodegrade and have to be composted in special facilities
- Every little bit counts
- Spread the message
- Be minimalistic, do you really need so much clothing
- Before throwing stuff away, check if other people can still use it and donate
- Watch a movie about plastic pollution like 'A Plastic Ocean' on Netflix



**It's a marathon,
not a sprint !**



Always Remember to



REUSE.

- > Reuse glass jars.
- > Reuse bottles and bags.

REFUSE.



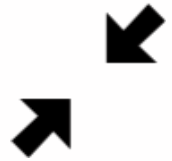
- > Say no to single-use plastics.
- > Refuse to buy harmful products, like cleaners.

RECYCLE.



- > Recycle plastic, paper, glass and metal.

REDUCE.



- > Reduce your energy usage.
- > Reduce your carbon footprint.

REPURPOSE.

- > Repurpose things before disposing them

