SIX THINGS YOU CAN DO

1. Choose reusable or compostable plates, cups and silverware

2. Recycle single-use plastics whenever possible

3. Stop buying water—refill a reusable water bottle

4. Choose foods with less packaging (bulk foods are a great way to go!)

5. Bring your own shopping bags

6. Avoid products containing microbeads such as soap, toothpaste and face/body scrubs