

- **Refuse**/say NO to disposable plastic whenever and wherever possible. Choose items that are not packaged in plastic, and carry your own bags, containers and utensils. Say, “no straw, please.”
- **Reuse** durable, non-toxic straws, utensils, to-go containers, bottles, bags, and other everyday items. Choose glass, paper, stainless steel, wood, ceramic and bamboo over plastic.
- **Reduce** your plastic footprint. Cut down on your consumption of goods that contain excessive plastic packaging and parts. If it will leave behind plastic trash, don't buy it.
- **Recycle** what you can't refuse, reduce or reuse. Pay attention to the entire life cycle of items you bring into your life, from source to manufacturing to distribution to disposal.