

Nine Steps to Doing without Plastics to Help Save Earth and its Wonderful Beings Including Us

- 1. Carry a reusable bag.**
- 2. Use plastic-free containers (glass, wood, metal).**
- 3. Pack a travel kit.**
- 4. Buy in bulk.**
- 5. Buy used items.**
- 6. Recycle “good” plastics.**
- 7. Wear natural clothes.**
- 8. Make your own (toothpaste, body creams, cleaners).**
- 9. Do without.**