

## 7 tips to reduce plastic waste and help the Ocean and Yourself

- 1. Grocery:** When you go shopping, buy the products with the least packaging or buy unwrapped – reuse your own brown paper bag if needed (fruits, veggies, bread, ...).
- 2. Cosmetic products:** Read the cosmetic labels to identify harmful microbeads (extremely small pieces of plastic), for example Polyethylene (PE), Polypropylene (PP), Polyethyleneterephthalate (PET), Polymethyl methacrylate (PMMA) and Nylon (PA). Avoid these products as the microbeads pass through sewage plants and harm life in the ocean.
- 3. Laundry:** Prefer cotton and other natural fibers to synthetics (e.g. acrylic, nylon, and polyester) that release microfibers (plastic fibres) when washed. These pass sewage plants. They harm life in all waterways and end up on your seafood plate.
- 4. Detergents:** Buy refillable products and reuse the old containers or produce your own detergents with baking soda (check on internet), they substitute most of the chemical products on the market.
- 5. Smart planning for road trips, picnics and parties:** Assemble a 'basics kit' made of reusable bag, carry-on cutlery, own mug, reusable hard plastic and other things you will take along. It's cool to avoid garbage of any sort!
- 6. Reuse your own containers:** More shops start selling unwrapped, loose food and other products (fruits, veggies, cereals, oil, detergents, ink for printers, ...) just bring your own container or brown bag to refill (you get high quality products at more convenient price). Keep a collection of (reused) jars and containers to use for food shopping.
- 7. Be one step ahead - produce by yourself:** Try out the latest cool thing – produce our own food, detergents, cosmetic products and food (yogurt, ...). Check out rapidly growing advice on the internet!

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