



How to spend a plastic free day?

Going **#plasticfree** requires intention and some preparation ahead. Start small and with the easy things. You don't need to make all of the changes at once. Changing everything initially seems hard, but after a few trials, you'll figure out a great plastic free routine!



Breakfast: Use more natural and healthy food, for example loose mixed cereals (the advantage is that you get much less sugar and your own preferences) enriched with unwrapped fruit pieces.



Prepare for the day: Choose more natural cosmetic products, such as organic cotton buds.



Getting dressed: Prefer cotton and natural fibers to synthetics – especially on warm days, you'll be much more comfortable.



Morning break: Get a coffee at the shop or bar by bringing your own mug (ask the shop owner to consider a discount, at the end, you are not paying the single use cup!).



Lunch: Bring your own home-made lunch, stored in reusable box (something e.g. like a slick bento box). Perhaps you can even warm a dish in the microwave of the company or school. If you are buying lunch, eat in or reduce single use plastic by using your own (empty and clean) lunch box and cutlery.



Gym: It's a good idea to take your refillable water bottle along – even throughout the day.



Grocery shopping: Check out new products by looking for less packaging and reusable containers. Take quantities you know you can handle, thus reduce waste.



Dinner: Put leftovers into reusable containers avoiding cling paper or aluminium. Perhaps, you already have tomorrow's lunch.

Day challenge: Try to note down any plastic item you meet in a normal day and think about if and how it can be substituted. - **Enjoy your day (almost) free of plastic! :-)**

This flyer is inspired by www.Plasticfreetuesday.com whom we thank for great suggestions!

Responsible: Mundus maris asbl – 3, avenue de Tervuren – 1040 Brussels – Belgium
Find out more information on our website www.mundusmaris.org and our social media.