



PLASTIC FREE HAWAII

Tips to go Plastic Free!

Kōkua Hawai'i Foundation's **Plastic Free Hawai'i** program provides resources, tools, and trainings to educate schools, business partners, and community members on the environmental and health benefits of going plastic free to minimize the consumption of single-use plastics in our islands.

Nearly 1,456 volunteers have participated in Beach Cleanups helping to keep our beaches plastic-free! In addition, movie screenings, upcycled t-shirt tote bag making, Plastic Free PSA's and a visit from Captain Charles Moore have been keeping our schools and communities busy spreading the plastic free message.

WHAT CAN I DO TO REDUCE SINGLE-USE PLASTICS IN MY LIFE?

Here are a few ideas:

1. CARRY REUSABLE SHOPPING BAGS

Keep one in your purse or backpack and a few in your car, so you don't forget to use them.

2. GIVE UP BOTTLED WATER

Use a reusable water bottle or a glass jar. You'll save money too!

3. PACK FOOD IN REUSABLE CONTAINERS

Ditch zip-top bags and plastic wrap for packing up leftovers and use reusable glass containers instead.

4. CUT OUT PLASTIC PACKAGING

When shopping, buy fewer items packaged in plastic. If an item you want comes in a glass jar or plastic container, choose glass.

5. RETHINK YOUR SOAP

Consider using bar soaps and powders that come with less plastic packaging. If you use liquid, buy in bulk and refill soap containers.

6. SAY "NO THANKS" TO STRAWS

Drink straight from a cup or carry your own stainless steel or glass straw.

7. PACK WASTE-FREE LUNCHES

8. STOP STYROFOAM

Patronize restaurants that carry biodegradable take-out material and do not use styrofoam.

9. THROW PLASTIC FREE PARTIES

Treat guests to reusable party ware instead of disposable plates, cups, and cutlery.

10. ORGANIZE A BEACH CLEANUP

This is a great way to reduce plastic pollution and bring your friends, family, school or community together to take action.

11. GET ACTIVE IN LEGISLATION

Focus on one specific action. Write a letter to local officials and present testimony at meetings or hearings.

12. JOIN AN ORGANIZATION

Join a local group of motivated citizens or students to make change happen locally! **The Surfrider Foundation**, **Sierra Club** and **Kōkua Hawai'i Foundation** all do work in your community. Get involved today!

13. SPREAD THE WORD

Share what you learn with friends and family and encourage them to go plastic free.

14. MAKE A PLASTIC FREE COMMITMENT

Join the Plastic Free Hawai'i Coalition and commit to going plastic free for one week. Cut out plastic bags, plastic beverage bottles, disposable plastic packaging and to-go cups and replace them with reusables. Visit our website to register your plastic free commitments and to learn more ways to minimize your use of plastics.

Plastic free Hawai'i is a program of

kōkua hawai'i foundation



www.kokuahawaiifoundation.org/plasticfree