





## MAKE A PLASTIC FREE COMMITMENT

- 1. CARRY REUSABLE 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. CHOOSE REUSABLE CONTAINERS** Ditch zip-top bags and plastic wrap and use reusable glass containers for leftovers instead.
- 4. CUT OUT PLASTIC PACKAGING** When shopping, buy fewer items packaged in plastic.
- 5. SAY "NO THANKS" TO STRAWS** Drink straight from a cup or carry your own stainless steel or glass straw.
- 6. PACK WASTE-FREE LUNCHES** Ditch single-serve items and replace with a reusable lunch box and containers.
- 7. STOP STYROFOAM** Patronize restaurants that use biodegradable take-out materials or request "no foam."
- 8. THROW PLASTIC FREE PARTIES** Treat guests to reusable partyware instead of disposable plates, cups, and cutlery.
- 9. ORGANIZE A BEACH CLEANUP** Reduce plastic pollution and bring your friends, family, school or community together to take action.
- 10. GET ACTIVE IN LEGISLATION** Choose a topic, write a letter and present testimony to local officials at meetings or hearings.



Check out our website for more ways on how to be plastic free!

[www.kokuahawaii.org/plasticfree](http://www.kokuahawaii.org/plasticfree)



We invite you to join the Plastic Free Hawai'i movement.

I commit to going plastic free, I will...

Select the following commitments from the list above.

- 1    2    3    4    5  
 6    7    8    9    10

MAHALO!

