

THE INFILTRATORS


Tick each one off as you incorporate these habits into your everyday life!

1. Plastic bottles



Use your own bottle and find a refill station using the Refill app

3. Coffee cups and lids



Bring your own reusable cup

2. Plastic cutlery



Use wooden or bring your own set

4. Straws & plastic stirrers



Refuse a straw when ordering a drink, or take a reusable one with you - say no thank you to plastic stirrers

5. Plastic 'food-on-the-go' packaging



Bring a packed lunch - healthier and much cheaper

6. Plastic bags




Always carry a reusable shopping bag

7. Plastic drinking cups



Bring your own bottle or cup

8. Condiment sachets



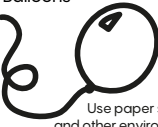
Ask restaurants or takeaways to replace single-use sachets with refillable and reusable containers.

10. Bathroom plastics: Toothbrushes, disposable razors, plastic sanitary items, cotton buds, shower gel, shampoo & conditioner



Look for plastic free items for everyday life, such as bamboo toothbrushes & reusable razors

9. Balloons



Use paper streamers and other environmentally friendly decorations




BOYCOTT SINGLE-USE PLASTICS

www.PlasticFreeCamelford.com

WHAT YOU CAN DO...

Individual Action Plan:

- Remember your refillable water bottle
- Take a reusable coffee cup and refuse single-use take away cups
- Refuse single-use packaging
- Resist a straw; straws suck
- Refuse a single-use plastic bag and take your own
- Take your own cutlery or use sustainable alternatives
- Avoid single-use plastics in the bathroom
- Refuse single-use condiment sachets
- Do your own #MiniBeachClean. Grab a handful of plastic pollution every time you visit your beach
- Fund the Resistance - Donate to SAS today and help fund the resistance. Just £5 helps support the movement towards Plastic Free Coastlines www.sas.org.uk

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