

WHAT CAN BETHANY DO TO REDUCE PLASTIC

Plastic Free Tips



1

Bring reusable bags when shopping.



2

Use a reusable water bottle or canteen instead of plastic water bottles.



3

Avoid items that are individually wrapped in plastic.



4

Avoid using straws and opt for biodegradable or reusable straws instead.



5

Bring your own cup.

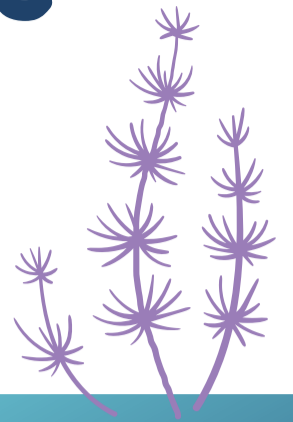


6

Choose glass or metal items instead of purchasing plastic

WHY SHOULD WE REDUCE PLASTIC

The Facts



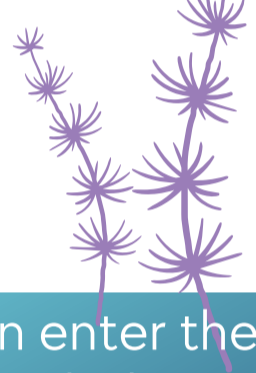
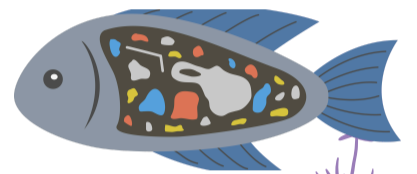
**CONTAINS
ADDITIVES**

1

Plastics contain toxic additives that lead to harmful diseases

8 million tons of plastic enters our oceans each year

2

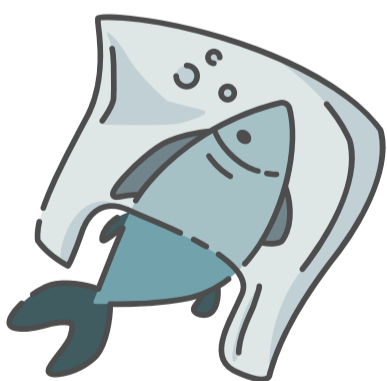


3

Microplastics can enter the human body through the consumption of contaminated seafood, and drinking water, posing potential long-term

Plastic can take up to 1,000 years to breakdown

4



5

By 2050 it is estimated there may be more pieces of plastic than fish in the oceans

THANKS FOR DOING YOUR PART!

