

## Ways to Use Less Plastic Every Day

Better to use glass or stainless steel water bottles. These can easily be re-used and reduce exposure of drinking water to chemicals.



disposable diapers, disposable Serveware and many one time use articles.

Better to buy wooden toys or board or card games for children. Plastic causes many health issues in children.



Check labels on personal care products.

They may contain tiny plastic beads. Avoid anything with "Polyethylene" listed as an ingredient.

Avoid non-stick cookware. Utensils coated with Teflon and other resins pose health threats over a period of continuous usage. Teflon is the registered trade name of the plastic material polytetrafluoroethylene (PTFE). PTFE is one of a class of plastics known as fluoropolymers.

Some simple changes with eco friendly products can have big impacts on your environmental footprint.

Use reusable bags made of canvas, cotton, hemp, leather, fiber, non-woven fabric bags and woven plastic bags. Carry your own bags.



Use stainless steel or glass food storage containers. Or use unbreakable options like silicone. Silicone is highly durable, not biodegradable, but it can be recycled easily.



Avoid food packed in plastics. Choose card-boards. Easier to recycle and biodegrade more naturally.

Avoid single use plastics. Say no to plastic straws, single plastic bags, disposable plastic lighters, disposable razor, single use plastic pens,



**DID YOU KNOW?**  
*It takes between 100 to 500 years for a plastic bag to disintegrate.*



*"Saying no to plastic bags is an effort we as individuals need to make to ensure a greener future."*



**INTERNATIONAL PLASTIC BAG FREE DAY, 2020**

***Try to reduce, reuse and recycle as much as you can***