

## **Single-Use Plastic Reduction**

1. Use cloth bag for shopping instead of plastic bags
2. Carry your own water bottle wherever possible
3. Reuse glass containers/packaging plastic items as storage boxes
4. Participate in and mobilize participation for clean-up drives of cities and water bodies
5. Prefer using non-plastic eco-friendly cutlery during gatherings and events
6. Use menstrual cups instead of sanitary napkins
7. Use recycled plastic over virgin plastic, wherever possible
8. Use steel/ recyclable plastic lunch boxes and water bottles
9. Cut the packaging bags used for milk, buttermilk etc. only partially to avoid plastic bits from mixing into biodegradable waste
10. Opt for bamboo toothbrushes and neem combs