





Here are some tips to reduce packaging waste in your everyday life!

## WHAT YOU CAN DO





## At work

- Reduce the usage of paper, toner and ink
- Reuse packaging
- Use mugs and glasses to drink
- Use tea balls, avoid tea bags
- Bring lunch in reusable containers
- Try a zero waste meal: Same taste, less waste

## While shopping

- Say no to single-use bags and bring reusable bags
- Use your own containers
- Buy in bulk and prefer loose items
- Buy concentrated products
- Buy bars of soap and shampoo
- Avoid unnecessary packaging

















Sources: http://science.sciencemag.org/content/347/623/768; www.plasticbagfreeday.org/content/facts/; www.pnas.org/content/142/38/11899; www.sciencemag.org/news/2015/08/nearly-every-seabled-may-be-eating-plastic-2050

