## Rethink!

## Ideas to cut down on use of disposable items!

Although plastic has many essential uses, throw-away plastic convenience items now threaten our waterways, beaches and sealife. We can greatly cut down on the demand for these items at little personal cost in money or convenience.

## To cut down on these:



Single-use plastic or foam bottles and cups



Use these:



Metal, plastic or glass water bottles and mugs



Plastic shopping bags





Cloth shopping bags



Throw-away foam and plastic picnic gear





Durable, reusable picnic gear

Remember to REUSE or REPURPOSE throw-away items until they are worn out. Then RECYCLE them!

To learn more about the threat to our oceans visit this website: https://www.nationalgeographic.com/magazine/2018/06/the-journey-of-plastic-around-the-globe