

# JOIN THE LENT PLASTIC CHALLENGE

GIVE UP BAGS,  
BOTTLES AND AS  
MUCH SINGLE USE  
PLASTIC AS YOU  
CAN FOR

**40 DAYS**

## Ten Tips for a Reduced Plastic Lent

1. Take paper bags with you to the supermarket to put your fruit and vegetables in
2. Visit your local greengrocer or farmshop to cut down waste
3. Give up buying bottled water or drinks and buy a refillable flask
4. Get a reusable coffee mug
5. Use a Bag for Life or cardboard boxes
6. Return to the milkman and get your milk delivered in reusable glass bottles
7. Reuse containers for storing leftovers
8. Refuse disposable cutlery and plastic straws at cafés, pubs and restaurants
9. Write to the managers of your local supermarkets and ask them to cut back on plastic waste
10. Buy package-free shampoo bars

