

SIX SIMPLE STEPS TO REDUCE YOUR PLASTIC USE

The vast amount of plastics created and used negatively impact our local waterways. You can make small changes to reduce your plastic waste.



1

BRING A REUSABLE BAG

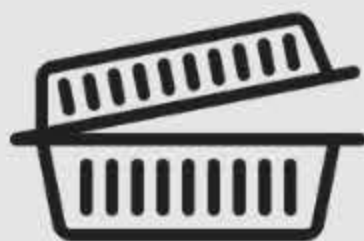
Bringing your own bag to the store to carry your groceries. This BYO strategy reduces the amount of plastic (or paper) created and will reduce overall waste. Did you forget your reusable bag? See how much you can carry with just your hands!



2

USE REUSABLE MUGS

While coffee cups are made of plastic and cardboard, they are not recyclable (in most cases.) It takes energy and resources to continually make those single-use cups. Why not use your own mug that can be used again and again?



3

DO A TAKEOUT AUDIT

Do you eat out a lot? If you aren't able to cook at home or bring leftovers to work, try and select restaurants that have made the switch from plastic to paper to-go containers. Does a restaurant only use Styrofoam? Don't be afraid to suggest an alternative or ask if they could put the food in your own container.



4

SKIP THE STRAW

This single-use plastic item is only used for a few minutes, but will remain in the environment for ever. Ask for your beverage with 'no straw' or if you really enjoy drinking out of a straw, look into reusable alternatives and carry them with you.



5

SAY NO TO SINGLE USE BEVERAGE BOTTLES

Single-use plastic bottles are one of the most common items found during waterway cleanups around the world, going to show that recycling won't keep these items out of our environment. Make the switch to a reusable bottle today!



6

BE MINDFUL OF YOUR CLOTHING MATERIAL

Before you purchase a new clothing item, look at what it's made of. Many items are comprised of synthetic materials (plastic) and when those items go through the washing machine, they leak microplastics into our waterways. Look into more sustainable natural materials, like cotton or linen.



ADDITIONAL WAYS TO REDUCE PLASTIC POLLUTION

VOLUNTEER AT A WATERWAY CLEANUP

Buffalo Niagara Waterkeeper coordinates cleanups in the spring, summer and fall all throughout Western New York. Visit our cleanup webpage to learn more and register:

bnwaterkeeper.org/programs/cleanup



USE YOUR VOICE- BE AN ADVOCATE



Many municipalities around the world have enacted bans on single-use plastic bags, takeout containers, and bottles. You can support the adoption of such policies in your community. Learn about Buffalo Niagara Waterkeeper's efforts:

bnwaterkeeper.org/advocacy/

SPREAD THE WORD

Stay informed on issues related to plastic pollution and help make others aware of the problem. Tell your friends, family and co-workers about how they can be part of the solution



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