







## **TIPS:**

- Use reusable bottles, mugs, or thermos for all your beverages whether playing sports, working out, at the coffee spot, or just out and about.
- Pack and store meals and snacks in reusable containers and bags.
- Use reusable bags when shopping, or when giving gifts.
- Use hand towels instead of paper towels.
- Replace plastic straws with metal straws or skip the straw.
- Leave a set of dishes and utensils at work for office festivites.
- Use reusable plates and cups while dining outdoors for picnics, tailgates, or a backyard BBQ.
- Take your own reusable container for leftovers when dining out.
- For your team snack day, create a buffet line using reusable plates and cups or give snacks in reusable bags.
- Make all your gatherings BYO! When hosting a party or event ONLY use reusable bowls, cups, plates, utensils, etc.



