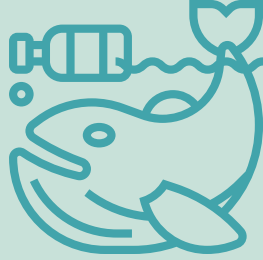
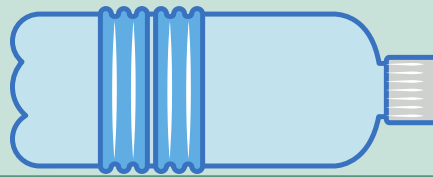




10



advices for reducing plastic



Replace plastic straws with metal ones.

Do not use plastic water bottles.

Go shopping with reusable bags

Avoid buying products wrapped in plastic.

Remove the chewing gum.

Choose products that are packaged in cardboard or glass.

Avoid single-use products.

Use wooden kitchen utensils.

Use matches and not lighters.

Change the way you preserve food.