





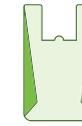
## STRAWS

- Try your beverage straw-free, if it's just a preference.
- Pack a silicone straw into your bag or lunchbox.
- Keep a set of reusable straws at work or school for a midday iced coffee run.
- Traveling light? Buy a collapsible straw with a keychain attachment to keep your straw accessible wherever you are.



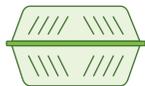
## UTENSILS

- Pack metal cutlery into your lunch bag to enjoy your meal plastic-free.
- Buy a reusable container complete with a built-in utensil compartment.
- Use scrap fabric to roll up a spoon, fork, knife and chopsticks for a DIY utensil rollup.
- Invest in a bamboo utensil set in a travel pouch to ensure you can keep your cutlery with you on the go, plus avoiding metal makes travelling with it a breeze.



## SHOPPING BAGS

- Buy a reusable grocery bag at the checkout; most grocery stores have them for purchase at the till.
- Leave heavy-duty reusable bags near the front door or in your car.
- Tuck a light-weight, foldable bag in your backpack or purse.
- Keep extra bags on hand to offer to a friend if they forget theirs.



## TAKE-OUT CONTAINERS

- Order your meal to stay rather than to go; read a book or invite a friend!
- When dining out, bring a reusable container for leftovers.
- Enjoy meals with many dishes? Invest in a multi-layer tiffin box! They're stackable and light-weight, plus often made of metal so they don't absorb odours.



## BEVERAGE CUPS

- Keep a reusable water bottle on hand. A foldable version works great on the go.
- Bring a travel mug along for your morning coffee or tea. Bonus: your beverage will stay warmer for longer.
- Pack a smoothie into a mason jar and toss it in your bag - it's spillproof!
- Find a universal wooden or silicone mug lid to make any ceramic mug a travel mug!