

**CHOOSE
TO REFUSE**
SINGLE-USE PLASTIC
PLASTICFREEJULY.ORG

Communities around the globe are concerned about plastic ending up in landfill and polluting the oceans ... that's why 250 million people worldwide are choosing to be part of Plastic Free July

Plastic Free July Tips for the Office

1. Use a reusable water bottle or cup. Install a filter on the water tap instead of buying bottled water.
2. Avoid disposable take-away lunch boxes. People can bring in reusable lunch boxes or have some for staff to borrow in the canteen.
3. Say no to Plastic straws. If you want to use a straw, make it a reusable one.
4. Refuse plastic cutlery. Provide reusable cutlery in the canteen.

Initiate a 'fine' system in the office for people who bring in single-use plastic items during Plastic Free July.

Make it a department competition!



PLASTIC FREE SEAS
無塑海洋

An initiative
inspired by
Plastic Free July