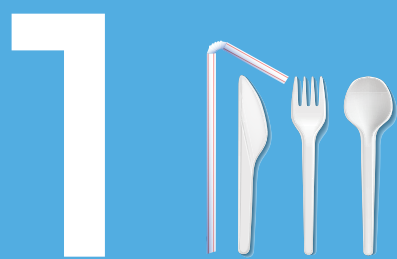
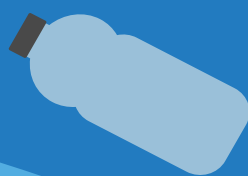


# COULD YOU LIVE WITH LESS PLASTIC?



Say no to disposable cutlery and straws.



Skip the single use plastic bags use cloth bags instead.



Look for alternative packaging like paper or glass jars.



Carry a re-useable water container instead of buying plastic.



Wear clothing made from natural fibres. Polyester clothing is made from plastic.



Encourage others in your community to take a no plastic pledge.

Take the next step and take an #OceanPledge visit <http://www.oceanwatch.org.au/ocean-pledge/> for more details.



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