

## Plastic free life.



### All what you need to know.

We are all aware that plastic has become a mayor environmental hazard. Disposable plastic items are so common that it's easy not to notice them. But disposable plastic is everywhere — ubiquitous plastic bottles of water or soda; the plastic straws delivered in our drinks; the plastic bags offered to us at stores; the plastic cups, bottles and utensils at nearly every social event; the plastic packaging of nearly everything in the supermarket. Once you see all this stuff for what it truly is — plastic pollution — it's simple to just REFUSE. Here are some tips on how to reduce your own plastic footprint. The Brahma Kumaris Environment Initiative seeks to inspire you to reduce the usage of plastic in your home and centre.

### Start now:

- Pack tolis plastic free
- Avoid plastic in your fridge and household
- Avoid using plastic water bottles
- Buy plastic free

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Please send your ideas and feedback to [environment@brahmakumaris.org](mailto:environment@brahmakumaris.org)

Please have a look at these **external links** with lots of useful tips as how to avoid plastic and more important how to replace plastic with environmentally friendly products.

<https://myplasticfreelife.com/plasticfreeguide/>

<https://www.plasticpollutioncoalition.org/get-started-living-plastic-free/>

<https://www.onyalife.com/plastic-free/guide-to-living-plastic-free-life/>

<https://www.treehugger.com/green-home/beginners-guide-plastic-free-living.html>

<https://friendsoftheearth.uk/plastics/living-without-plastic>