











MY PLASTIC PLEDGE

Want to reduce your plastic footprint? Use this sheet to pledge how you will do it. Check out our Plastic Rivers action map for ideas. Then stick it on your fridge for a daily reminder of the difference you're making to reducing the plastic pollution on your doorstep.

Remember, to have the greatest impact, work through the following options – recycling should always be your last resort.

REFUSE, REDUCE, REUSE, ROT, RECYCLE

POLLUTANT	YOUR PLEDGE TO REDUCE POLLUTION	FREQUENCY (DAILY, WEEKLY, MONTHLY, OR A ONE-OFF)
 PLASTIC BOTTLES
 FOOD WRAPPERS
 CIGARETTE BUTTS
 FOOD TAKEAWAY CONTAINERS
 COTTON BUD STICKS
 CUPS
 SANITARY PRODUCTS
 SMOKING-RELATED LITTER
 STRAWS, STIRRERS AND CUTLERY
 BAGS

Try tracking your progress on your phone or wall calendar to remind you to keep going!

Don't forget to tell us how you're doing – we'd love to hear from you on social media!

