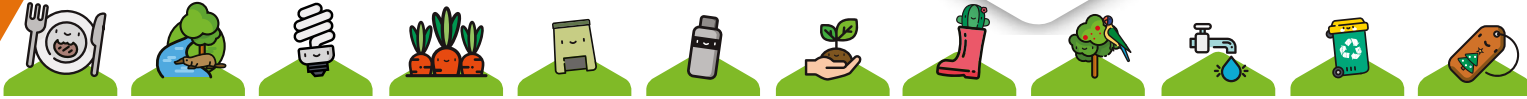


# LIVING SUSTAINABLY

Simple everyday actions to take care of the environment so that the environment can continue to take care of us!

ENVIRONMENTAL  
SUSTAINABILITY.



REDUCING SINGLE  
USE PLASTIC

SUSTAINABILITY  
IN ACTION!

Living sustainably comes down to daily habits and choices you make, both big and small, that can have huge environmental impact.

**Did you know? Single use plastic containers and packaging are often used for just a few minutes, but are designed to last a lifetime.**

It is important to think about whether we really need to use these items or if we can avoid them, find alternatives or think ahead and bring your own. With so many more sustainable options available, making a small shift in our purchasing choices and BYO bags, bottles, cups and cutlery can make a big difference. Below are some top tips!

## Choose to refuse!

Get prepared for Plastic Free July by checking out a few simple ways to avoid single use plastics.

- Sign up to Plastic Free July's 'choose to refuse' challenge to receive email tips and recipes throughout July.
- Take the Pesky Plastics Quiz to help you track down where your plastics come from.
- Check out the Living Plastic Free page with lots of plastic free options you can put in place throughout your home

## BYO bottle, bag, cup and more!

'Bringing your own' is a great way to reduce single use plastic.

- Put together a little BYO kit including a reusable water bottle, cutlery, bag and containers and pop it in your bag, car or take it with you when you are out and about.
- Bring your own reusable coffee cup to local cafes - many provide a discount for BYO cups like Responsible Cafes!
- Minimal Waste CQ has put together a wonderful link to find local places where you can purchase plastic free and/or BYO containers.

## Reuse, repurpose, recycle!

Reusing, repurposing and recycling plastics correctly so that these items do not become litter.

- Get creative and repurpose plastic items to give them an additional use.
- Take soft plastics to REDcycle collection bins at your local Coles and Woolworths.
- Check the Australasian Recycling Label on packaging to ensure items are sorted into correct recycling programs.
- Get involved with collecting containers for change.
- Recycle right using your yellow lid recycling wheelie bins.

## Help solve the plastics problem!

There are some more proactive actions you can look into to help solve the plastics problem.

- Get involved with initiatives like plogging, Clean Up Australia Day and Take 3 for the Sea.
- Purchase items with less packaging, are recyclable and made with recycled content.
- Write to or get in contact with manufacturers to suggest or encourage improvements to their packaging or products.

GET INVOLVED AND FIND OUT MORE!

SIGN UP FOR THE LIVING SUSTAINABLY ENEWSLETTER!

[rockhamptonregion.qld.gov.au/EnvironmentalSustainability](http://rockhamptonregion.qld.gov.au/EnvironmentalSustainability)

