



18 TIPS TO HELP REDUCE YOUR PLASTIC CONSUMPTION



Presented by
The Canadian Chamber of Commerce's
Sustainable Development Committee

01 | **Don't buy beverages in plastic.** Glass is better and it's best if you bring your own reusable cup or tumbler.



02 | **Don't use ziploc.** If you need to keep things use reusable waxy paper.



03 | **Switch to glass or metal food containers.** They are safer - plastic can leach toxic chemicals into your food and drinks. Most restaurants in HK will serve you take-out in your own container if you bring it.



04 | **Always carry a reusable bag with you,** and opt for reusable cotton bags instead of plastic.



05 | **Stop using plastic straws.** When ordering drinks, say "no straw please!" and use your own metal straw.



06 | **Choose not to buy items wrapped in plastic.** Select canned or unwrapped food. Don't let cashiers put food items in plastic bags at checkout.



Did You Know?

The World Economic Forum predicts that by 2050 there will be more plastic in the ocean than fish if we don't change our ways

07 | Do not use **air fresheners.** Light a candle or incense instead.

10 | Try **soap bars and shampoo bars.** They last longer and are more environmentally responsible.

08
Switch to **natural deodorants/antiperspirants.**

09
Switch to a **bamboo toothbrush.**

11 | **Buy cloth diapers.** There are many great varieties available and better for your baby. We fill a super bowl stadium size hole every day with disposal diapers that leach toxins into the environment for centuries to come.

12 | **Shopping Tips:** Make your own bread. Buy food packaged in paper or reusable containers. Buy food items in bulk (e.g. cereal, coffee) and bring your own container or paper bags to put them in. Buy in bulk at Hong Kong's zero-waste stores - <https://www.edgar.hk/> in TST and <https://livezero.hk/> in Sai Ying Pun

13
Support local restaurants that operate sustainably. These restaurants and food providers are committed to work towards zero waste; Grassroots Pantry, MANA!, Homegrown Foods, Green Common, etc.

14 | Give up **gum.** Gum is made of a synthetic rubber, aka plastic.

15 | **DIY Toothpaste** is easy to make, and tastes great too.

16
Make your own cleaning products that will be less toxic and eliminate the need for multiple plastic bottles of cleaner. Baking soda & vinegar instead of cleaners packaged in plastic.

17 | If you see marine pollution – report it with **GLOBAL Alert app** - www.globalalert.org

18 | Sign up a team for **The Hong Kong Cleanup Challenge:** www.HKcleanup.org

Did you know that up to 2,000 tonnes of plastic is thrown out in Hong Kong each day? Our landfills are overflowing with unnecessary plastic packaging and plastic waste. More than 80 million tonnes of plastic waste ends up in our ocean, killing marine life and making its way into the marine and human food chains. Only a small percentage of all plastic in Hong Kong actually gets recycled, so reducing our consumption is critical.