



PLASTIC FREE HAWAII

Tips to go Plastic Free!

Kōkua Hawai'i Foundation's **Plastic Free Hawai'i** program seeks to minimize single-use plastics on our islands by educating and empowering schools, businesses, and community members across Hawai'i.

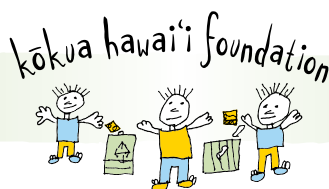
WHAT CAN I DO TO REDUCE SINGLE-USE PLASTICS IN MY LIFE?

- 1. CARRY REUSABLE SHOPPING BAGS**
Keep one in your purse or backpack and a few in your car, so you don't forget to use them.
- 2. GIVE UP SINGLE-USE BOTTLES AND CUPS**
Use a reusable water bottle, coffee cup, or a glass jar. You'll save money too!
- 3. PACK FOOD IN REUSABLE CONTAINERS**
Ditch zip-top bags and plastic wrap for leftovers. Use reusable glass containers instead.
- 4. CUT OUT PLASTIC PACKAGING**
When shopping, buy in bulk and buy fewer items packaged in plastic. If an item you want comes in a glass jar or plastic container, choose glass.
- 5. SAY "NO THANKS" TO STRAWS**
Drink straight from a cup or carry your own stainless steel or glass straw. Tell your server, "no straw, please!"
- 6. PACK WASTE-FREE LUNCHES**
Ditch single-serve items and replace with a reusable lunch box and containers.
- 7. STOP STYROFOAM**
Patronize restaurants that use compostable or paper take-out materials and request "no foam." Better yet, bring your own takeout container!
- 8. THROW PLASTIC FREE PARTIES**
Treat guests to reusable partyware instead of disposable plates, cups, and utensils.
- 9. ATTEND OR ORGANIZE A BEACH CLEANUP**
Bring your friends, family, school or community together to clean a local beach!
- 10. GET ACTIVE IN LEGISLATION**
Find an active bill about plastic. Submit and/or present testimony at a County Council or State Legislature hearing.
- 11. RETHINK YOUR SOAP**
When shopping, buy in bulk and buy fewer items packaged in plastic. If you use liquid, buy in bulk and refill soap containers.
- 12. JOIN AN ORGANIZATION**
Join a local group of motivated citizens or students to make change happen locally! The Surfrider Foundation, Sustainable Coastlines Hawai'i, and Kōkua Hawai'i Foundation all do work around plastic pollution. Get involved today!
- 13. SPREAD THE WORD**
Share what you learn with friends, family, work and school. Encourage them to go plastic free!
- 14. TRACK YOUR PLASTIC FREE COMMITMENT**
Take a photo of you doing one of the above actions and share it on social media with #plasticfreehawaii. Visit our website to register your plastic free commitments and to learn more ways to minimize your use of plastics.

CONNECT WITH PLASTIC FREE HAWAII

- Like us on Facebook: facebook.com/PlasticFreeHawaii.KHF
- Follow us on Instagram: [@kokuahawaiifoundation](https://instagram.com/kokuahawaiifoundation) & use the hashtag #plasticfreehawaii
- Sign up to receive monthly e-newsletters: www.kokuahawaiifoundation.org/maillinglist/pfh
- Contact Us at: plasticfree@kokuahawaiifoundation.org

Plastic free Hawai'i is a program of



www.kokuahawaiifoundation.org/plasticfree