





# *Ditch Single-Use* **PLASTICS**

List all the single-use plastics you think you'll come into contact with during a whole week (use one colour for this), and then during the week use another colour to add to your list.

Don't forget to tally the list if you come into contact with the items more than once





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Categorise the plastics, by using the following colour code then refer back to the article to find out how to ditch them!



Red - Most used

Orange - Next used

Yellow - Least used

