

**We depend on oceans for life...  
but they are being destroyed by plastic waste.**

**You can make a difference.**

Here are five ways to  
**#PassOnPlastic**

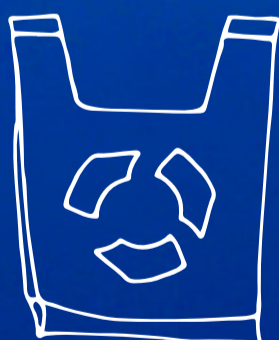


Bring back the  
lunchbox and say  
NO to disposable  
cutlery



Use a  
reusable  
bottle

**5**  
top tips



Take a  
bag for life



Say NO  
to straws



Use a  
reusable  
cup



Not all single-use plastics can be recycled but we need to make sure those that can, are returned for recycling. The easiest thing though is to 'turn off the tap' and give them up in our daily lives.