



- Plastic and paper shopping bags
- Foam, plastic and paper beverage cups
- Foam, plastic and paper take-out food containers
- Plastic and paper straws
- Plastic and wood utensils

While their disposable and light-weight nature makes single-use items seem convenient, they are a significant source of litter in Chilliwack, increasing cleanup costs and the amount of waste sent to the landfill. They take large amounts of energy and water to produce, and if disposed of improperly, take hundreds of years to decompose.



**FOR MORE IDEAS, TIPS
AND RESOURCES, VISIT:**

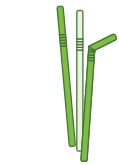
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LET'S TALK TRASH



2019/2020



STRAWS

- Try your beverage straw-free, if it's just a preference.
- Pack a silicone straw into your bag or lunchbox.
- Keep a set of reusable straws at work or school for a midday iced coffee run.
- Traveling light? Buy a collapsible straw with a keychain attachment to keep your straw accessible wherever you are.



TAKE-OUT CONTAINERS

- Order your meal to stay rather than to go; read a book or invite a friend!
- When dining out, bring a reusable container for leftovers.
- Enjoy meals with many dishes? Invest in a multi-layer tiffin box! They're stackable and light-weight, plus often made of metal so they don't absorb odours.



UTENSILS

- Pack metal cutlery into your lunch bag to enjoy your meal plastic-free.
- Buy a reusable container complete with a built-in utensil compartment.
- Use scrap fabric to roll up a spoon, fork, knife and chopsticks for a DIY utensil rollup.
- Invest in a bamboo utensil set in a travel pouch to ensure you can keep your cutlery with you on the go, plus avoiding metal makes travelling with it a breeze.



SHOPPING BAGS

- Buy a reusable grocery bag at the checkout; most grocery stores have them for purchase at the till.
- Leave heavy-duty reusable bags near the front door or in your car.
- Tuck a light-weight, foldable bag in your backpack or purse.
- Keep extra bags on hand to offer to a friend if they forget theirs.



BEVERAGE CUPS

- Keep a reusable water bottle on hand. A foldable version works great on the go.
- Bring a travel mug along for your morning coffee or tea. Bonus: your beverage will stay warmer for longer.
- Pack a smoothie into a mason jar and toss it in your bag - it's spillproof!
- Find a universal wooden or silicone mug lid to make any ceramic mug a travel mug!