

# LOVE THE PLANET YOU PLAY ON



frugi  
www.welovefrugi.com

Let's have some fun making easy swaps to use less plastic.

Can you add these easy peasy changes to your daily routine? Colour in each one as you go!

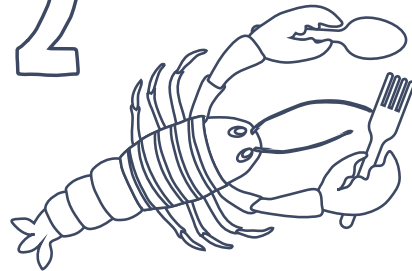
1

USE A  
REUSABLE  
WATER BOTTLE  
INSTEAD BUYING  
PLASTIC BOTTLES.



2

SAY **NO** TO PLASTIC CUTLERY  
AND SWAP FOR BAMBOO OR METAL.



3

TAKE YOUR  
OWN REUSABLE  
SHOPPING BAG.



4

SWITCH FROM BOTTLED  
SOFT DRINK TO CANS  
OR MAKE YOUR OWN!



USE A BEESWAX WRAP  
& LUNCH BAG INSTEAD  
OF PLASTIC CLING WRAP.



5

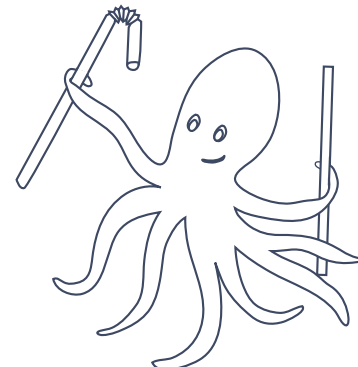
BUY LOOSE FRUIT AND  
VEG INSTEAD OF  
ITEMS IN PLASTIC  
PACKAGING.

6



DITCH THE PLASTIC STRAWS  
SWAP FOR REUSABLE STRAWS.

7



8

SWAP LIQUID SOAP  
FOR **BARS** OF SOAP.



Don't forget to recycle left over paper