



# AKHIL BHARATIYA TERAPANTH MAHILA MANDAL

*presents*

## 21 STEPS TO A PLASTIC FREE LIFE

**Say NO  
TO plastic  
STRAWS**

**CARRY OWN  
CONTAINERS  
FOR parcel**

**Gift in  
PAPER OR  
cloth BAGS.  
Avoid  
WRAPPERS**

**Give up  
plastic  
BOTTLED  
WATER**

**CARRY  
REUSABLE  
shopping  
bags**

**BAN plastic  
CONTAINERS  
FOR dry  
STORAGE**

**Buy fresh  
baked  
BREAD  
WITHOUT A  
COVER**

**Avoid  
plastic  
FURNITURE**

**GET AN ICE  
CREAM  
CONE THAN  
A CUP**

**USE ink  
PENS  
INSTEAD of  
ball/gel  
PENS**

**Buy freshly  
fried chips  
IN PAPER  
BAGS OR  
BOXES**

**Buy glass  
bOTTLED  
KETCHUP  
AND  
SAUCES**

**CUT OUT  
ON plastic  
bOTTLES  
BEVERAGES**

**Avoid  
poly bags  
FOR handy  
ITEMS**

**SAY NO  
TO flex  
AND  
BANNERS**

**Avoid  
buying  
plastic  
TOYS**

**USE STEEL  
tiffin box  
INSTEAD of  
plastic**

**USE bar  
SOAP  
INSTEAD of  
HANDWASH**

**CUT down  
plastic  
folder  
USAGE**

**Avoid  
plastic  
disposables  
FOR Eatables.**

**CHOOSE A  
STAINLESS  
STEEL ICE  
TRAY**

**CHOOSE ANY 10 STEPS AND FOLLOW FOR A MONTH**

**BE FUTURISTIC, SAY NO TO PLASTIC**

