

# FREE PLASTIC GUIDE

## RUN A SUSTAINABLE EVENT

It's the most wonderful time of the year to reduce waste and go plastic free to protect the ocean



### MINIMISE PLASTIC AND PACKAGING

When decorating for a celebration, consider that less is more. Avoid buying new overly-packaged, single-use plastic accessories that will turn into waste once the moment is over. Get creative with things around the house or find inspiration in nature. Garland made from pinecones, dried fruits, and popcorn adds a simple yet beautiful element of holiday cheer!



### CUT FOOD WASTE

It is all too easy to fall into excesses during the holidays, and that is especially true with food! Thoughtful food preparation is essential to limit waste. Shop locally and buy only what you need thanks to a reusable bag. Ask your guests to come with a tupperware to send them home with leftovers or offer them to your neighborhood to ensure nothing goes in the bin.



### BE CONSCIOUS OF ENERGY USE

Set the mood using LED lighting. It's the most energy-efficient, cleanest, and most eco-friendly way to illuminate a special moment. To keep your guests feeling cozy and warm, encourage friends and family to wear their best Holiday sweater instead of putting the heating on full blast.



### VALUE MOMENTS AND SUSTAINABLE SURPRISES

We've all had the experience of being gifted something we don't want or need. To end the year, give a present to the Ocean by minimizing waste and opting for experiences over items. Donate to an NGO in your loved one's name, or shop second hand to offer vintage finds a new life. For kids, Instead of adding to the plastic mountain of toys, consider a unique wooden gift or crafting set that nurtures creativity as well as sustainability.



### POST MEAL EDUCATIONAL WALKS

The holidays are a time of giving so after you've enjoyed your meal and this moment, get some exercise while you give back to nature with a waste collection! Organize an Ocean Initiative challenge by seeing who can bring back the largest haul!



#BreakThePlasticWave