

# How to Reduce Single-Use Plastic

## SIMPLE TIPS

### DAUGAVPILS: Raising Awareness and Changing Habits in the Workplace

- **UNDERSTAND YOUR WASTE:** Start by identifying the types and amounts of plastic waste generated.
- **ENGAGE STAFF:** Encourage open discussions and involve employees in finding solutions.
- **IMPROVE WASTE MANAGEMENT:** Begin recycling plastics and metals; collaborate with cleaning staff for proper sorting.
- **PROMOTE SUSTAINABLE CHOICES:** Support employees in making eco-friendly purchasing decisions.
- **TRACK PROGRESS:** Use inventory tracking to monitor changes and improvements.



### TALLINN: Greener Events with Less Plastic

- **PROMOTE REUSABLES:** Ask participants to bring their own water bottles and provide refill stations.
- **USE REUSABLE MATERIALS:** Offer reusable cups, tableware, and race bibs with safety pins.
- **SORT WASTE EFFECTIVELY:** Provide clearly labeled bins for different waste types.
- **AVOID SINGLE-USE GIVEAWAYS:** Skip balloons, leaflets, and other disposable souvenirs.
- **THINK BEYOND WASTE:** Encourage public transport and greener commuting options.

### HELSINKI: Reducing Plastic in Office Environments

- **TARGET FOOD PACKAGING:** Identify food and snack packaging as a major plastic source.
- **ENCOURAGE HOMEMADE MEALS:** Inspire staff to bring lunch from home or cook together.
- **RETHINK WASTE BAG USE:** Reduce the number of waste bags used and change them less frequently.
- **BUY IN BULK:** Use economy-sized packaging for shared kitchen items.
- **PLAN AHEAD:** Coordinate with procurement and cleaning services to support sustainable practices.

### VÄSTERÅS: Reducing Plastic in Schools

- **MAP PLASTIC USE:** Identify common plastic items like garbage bags, laminating pouches, and pens.
- **ANALYZE PURCHASES:** Use tools like the Plastic Inventory Tool to track annual plastic use.
- **FOSTER DISCUSSION:** Talk about material use differences between schools to inspire change.
- **SET GOALS AND REVIEW:** Define reduction targets, implement changes, and reassess after a set period.
- **CREATE AN ACTION PLAN:** Develop a local strategy for sustainable plastic use in education.

