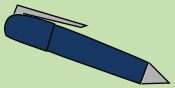
REDUCE

Buy only what you need, don't buy items that you won't use

Donate unwanted items, such as old clothes and toys, instead of throwing them in the rubbish bin

Buy long lasting products, instead of disposable ones, such as ink cartridge pens instead of biro pens



Drink from refillable bottles instead of paper cups or cans that would be thrown away after one use

Reduce paper waste by printing or writing on both sides of the paper