



345 PLEDGE

FOR INDIVIDUALS

Take the 345 Pledge to live a more plastic-free life.

I WILL...

- drink from a reusable water bottle..
- refuse plastic straws.
- use a reusable or paper straw if I need one.
- refuse single-use plastic and Styrofoam containers.
- bring reusable bags when grocery shopping.
- patronise establishments that support the **345 Pledge**.
- use reusable utensils instead of plastic utensils.
- refuse single-use plastic bags.
- make the switch to a bamboo toothbrush.
- attend a beach clean and invite a friend.

I PROMISE TO DO...

3
THINGS
IMMEDIATELY

4
THINGS
IN 6 MONTHS

5
THINGS
A YEAR FROM NOW

Additional Comments

Date

Name/Signature

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