



PAPER CUPS ARE NOT JUST PAPER

Did you know paper coffee cups have single-use plastic hidden inside of them? This is why they often cannot be recycled. You can try this [experiment](#) to test it.



PLANT A SEED

Are there some fresh herbs you just CAN'T go without? Why not start your own herb garden. You can make one out of plastic containers. More ideas [here](#).



TO ALL TEA LOVERS

Did you know some “silken” tea bags are made of plastic and will end up in landfill? Besides, it may shed microplastics and we might be ingesting them. Try loose-leaf tea instead. Check this [study](#) for more information.



PIZZA BOXES

Did you know in Toronto you can throw greasy pizza boxes in the green bin? Check the Waste Wizard app or [website](#) for more information.



MAKE YOUR OWN MASK

Learn how to make a mask from an old t-shirt [here](#).



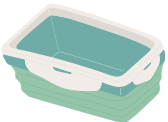
PLEASE DON'T FLUSH IT!

Disposable wet wipe products, floss and tampons should go in the garbage. For more information, watch this video with one of our team [members](#).



PACK LITTER-FREE LUNCHES

Next time you do a picnic or take lunch to work, bring them in a reusable container.



MAKE ART

Make art using an item that would otherwise become waste.



NEED A NEW OUTFIT? GET THRIFTY

In Ontario, 85% of used textiles are ending up in the landfill. Instead of heading to the mall, try shopping at thrift shops. Check [this](#) for more information.