

PLASTIC-FREE MEETINGS

Reduce Your Plastic Footprint in 5 Simple Steps



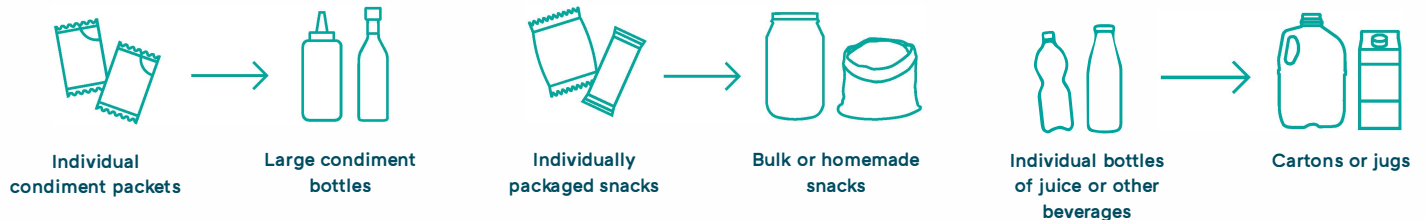
Plastics are a problem. **Together, we are the solution.**

1. 'Bring your bottle' reminders.

Make sure all meeting flyers and agendas include a reminder to bring a reusable water bottle and mug for hot drinks. Here's some suggested text: *We're cutting down on plastic waste to protect the Gulf Coast. Help us preserve our local charm by bringing a reusable water bottle and mug to our meeting.*

2. Skip the single-serve drinks and snacks.

Buy condiments, beverages, and snacks in bulk. Some easy switches include:



3. Use real plates and cutlery or order sustainable alternatives.

If you have access to a sink or dishwasher, use reusable cutlery, plates, and cups. Otherwise, order plastic free alternatives to plasticware and polystyrene foam.

- Check out PlasticFreeGulfCoast.com for a list of products and suppliers.

4. Establish a plastic-free meeting policy.

Take time to build buy-in. Once your organization has made the switch, implement a Plastic Free Meeting Policy to make it official.

- Email us for some examples.

5. Give your organization a shout-out.

Share your story to build momentum for plastic-free meetings. Post on social media, do a write-up in your newsletter, or tell your local news outlets that you are making the switch.

QUESTIONS? We're happy to help. Email us at e.engebretson@msstate.edu