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P6	PLASTIC, PLASTIC EVERYWHERE!	<b>P42</b> p44	TAKE ACTION! In your bedroom		#25 Make homemade single portions #26 Recycle properly	p90	At a party #52 Go glitter-free
p8	What is plastic?		#1 Try to avoid plastic toys		#27 Ditch plastic cutlery #28 Give up gum!		<b>#53</b> Go green with your gift wrapping <b>#54</b> Hang paper or fabric
p12 p14	Plastic throughout history Where is plastic?		<b>#2</b> Buy used toys or borrow them <b>#3</b> Opt for experiences instead of toys	p66	Out to eat		party decorations
μ14	Trillere la piualite:		#4 Donate your toys	poo	#29 Sip from the side!		<b>#55</b> Give better party bags
P16	THE PROBLEMS WITH PLASTIC		<b>#5</b> Organise a toy swap		#30 Pass on takeaway lids		<b>#56</b> Forgo the balloons <b>#57</b> Forget about disposable dishes
p18	Problem #1: Plastic is too convenient!		#6 Refuse fast-food toys		<b>#31</b> Order the cone instead of the cup <b>#32</b> Be proactive and say, "no, thank	p98	Around your community
p20	Problem #2: Recycling plastic isn't easy	p48	In your closet #7 Take care of your clothes		you!" to takeaway cutlery	poo	#58 Speak up at school
p22 p24	What happens to plastic in the bin? Problem #3: Plastic is polluting		#8 Get excited about hand-me-downs		#33 Forgo the takeaway container		<b>#59</b> Write to your local MP
μ <b>24</b>	our oceans		#9 Wear cotton		#34 Don't grab single-serve items		#60 Set an example
p26	Save the turtles (and friends!)		#10 Choose second-hand		<b>#35</b> Keep food out of the recycling bin <b>#36</b> Ask for a change	p102	Quiz!
p28	When you hurt the ocean, you		#11 Recycle your worn-out trainers	p74	#36 ASK for a change At the supermarket	PIAU	TAKE THE 'PLASTIC
n20	hurt yourself Problem #4: Plastic is begting up	nEQ.	#12 Don't chuck broken jewellery	p/4	#37 Bring your own reusable bag	1 '07	PATROLLER' PLEDGEI
p30	Problem #4: Plastic is heating up the planet	p52	In the bathroom #13 Choose a better toothbrush		#38 Skip the produce bags		
			<b>#14</b> Forget the toothpaste tube		#39 Buy in bulk	p106	Checklist
P32	BIG IDEAS FOR A		#15 Sign up for a recycling programme		#40 Recycle plastic bags properly	p108	Glossary Eurther reading
	BETTER FUTURE		#16 Buy bigger bottles		<b>#41</b> Pay attention to packaging <b>#42</b> Put pressure on wasteful companies	p110 p111	Further reading About the author
p34	The circular economy		#17 Clean your ears with a cloth #18 Add a recycling bin to your bathroom		#43 Think twice about bottled water		
p36 p38	The zero-waste movement 'Precycling'		#19 Switch to bars of soap		#44 Filter your water without plastic	-	
p36	Is there a replacement for plastic?		#20 Use solid body products	p82	At school		de se
))			<b>#21</b> Visit zero-waste shops		#45 Use a pencil		
			#22 Make DIY bath bombs		#46 Care for your stuff so you can reuse it		
9		p60	At lunch #23 Replace your squeezable	p84	Out and about #47 Don't litter, and pick up the		
			snack and juice pouches		litter you see!		
(0))	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0~	<b>#24</b> Switch to reusable zip-top bags		#48 Organise a beach clean-up		
	0 0	0	and lunchbox containers	1	#49 Buy less, or don't buy anything at all	1	
(6)	0				#50 Bring a cool box! #51 Go plastic-free with your pet's poo		
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