

# The “no plastic please” Individual Pledge

I pledge to eliminate single use plastic wherever possible for the purpose of reducing the suffering of all living creatures.

When at a restaurant or retail store, I will request “no plastic please” on the following targeted items. **straws, bags, cups, take out boxes, plastic bottles, all styrofoam, stirrers and cutlery.**

## TOP 10 ACTIONS to eliminate single use plastic

1. Before ordering, just say “no plastic please”!
2. Bring your own shopping bag.
3. Carry a reusable water bottle.
4. Bring your own coffee cup.
5. Pack your lunch/leftovers in reusable containers.
6. Say NO to disposable straws & cutlery.
7. Skip the plastic produce bags.
8. Give up beverages in plastic bottles.
9. Pay attention to plastic packaging.
10. Share these tips with your friends.

Want to rid your world of single use plastic? Become an Ambassador for “no plastic please”. Learn more at [www.noplasticplease.net](http://www.noplasticplease.net) or email **Susan** at [info@noplasticplease.net](mailto:info@noplasticplease.net).

*“no plastic please” is a HUMANE ACTION Pittsburgh campaign.  
We are advancing Animal Protection through Legislative Action. By establishing healthy relationships between our legislators and leadership partners in business, faith and advocacy, animal protection is within reach!*

[www.humaneactionpittsburgh.org](http://www.humaneactionpittsburgh.org)

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## Add my name to the “no plastic please” Individual Pledge!

We want to share your example with the world, do you agree to let us post your name on our “no plastic please” website? **Circle one:** YES NO

Printed Name \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Neighborhood \_\_\_\_\_

Email \_\_\_\_\_