

TIP 4: FRESHLY WRAPPED!



Cling film? No, thank you. Now you can use beeswax wraps. Food wrapped in these wraps stays fresh – without the need for plastic. At home or out and about.

TIP 5: TAKE A BREAK FROM PLASTIC!

Take away? Then don't forget to bring your own lunch box! A stainless steel container and your own cutlery means your lunch break can be plastic-free too.



TIP 6: BE SENSIBLE!



It's completely unnecessary to bring bottles of water into your home. The best thirst quencher comes straight from your tap. The drinking water in the Hannover region is of a very high quality. By using a glass carafe at home and your own water bottle when you're out and about, you can avoid plastic waste and save money too.

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HOP! "Hannover: zero plastic" is an initiative of the state capital Hannover and their cooperation partners and aims to group together various activities concerned with the avoidance of plastic.

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HANNOVER ZERO PLASTIC!

TIPS FOR AN ENVIRONMENTALLY-FRIENDLY EVERYDAY LIFE



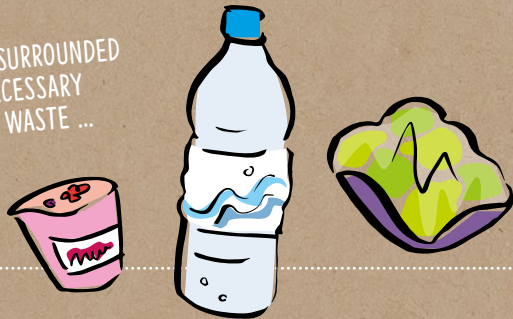
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WE NEED TO AVOID PLASTIC WASTE – IN HANNOVER TOO

Germany is in third place in Europe when it comes to the amount of plastic waste generated. No reason to celebrate: we produce more than 38 kilograms of it per person every year. That's more than 20,000 tonnes of plastic waste just in Hannover.

No question about it: many plastic products are practical and useful. But many of them also pollute the environment for centuries and should be avoided, especially packaging with an extremely short useful life.

WE ARE SURROUNDED BY UNNECESSARY PLASTIC WASTE ...



WE ARE ALL RESPONSIBLE – THERE ARE MANY THINGS WE CAN DO

We are all responsible for producing plastic waste in some form: this applies equally to consumers, companies, municipal authorities, clubs and associations. Reducing or, better yet, avoiding plastic (waste) on a local level makes an important contribution towards mitigating the global problem.

... THE SOLUTION IS SOMETIMES QUITE SIMPLE!



HOP! – THE INITIATIVE “HANNOVER: ZERO PLASTIC”

“Hannover: zero plastic” (HOP!) is backed by a multitude of companies, organisations, educational establishments and initiatives that are all using or looking for solutions to replace and avoid plastic in their own sphere of activity.

HOP! encourages organisations to share their experiences, publicises best practice solutions and can serve as the basis for joint campaigns.



TIPS FOR A PLASTIC-FREE EVERYDAY LIFE

Because we are surrounded by plastic in our everyday lives, there are many ways we can help to stem the flood of plastic waste. The following is a selection of our HOP! tips.

More on this at:

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CUT OUT OUR TIPS AND STICK THEM ON YOUR FRIDGE DOOR!

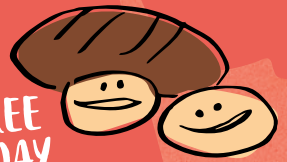


TIP 1: BUY LOOSE GOODS!

Cucumbers in plastic film, apples in plastic bags? Leave them on the shelves! By using a cotton or net bag, you can avoid plastic waste when you're doing your food shopping.

TIP 2: A PLASTIC-FREE START TO THE DAY

Fresh rolls from the baker's don't need plastic packaging, unlike part-baked rolls from the supermarket. With a fabric bag for bread rolls and loaves, you can start your day paper bag and plastic-free.



TIP 3: COFFEE TO SIT!

Take a break – enjoyable and relaxing. Coffee to sit and to stay! A china cup rather than a plastic one: slow down and protect the environment.



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