**Something for the weekend…..action #6: Pre-empt, pack and pick up**

Give this a go - leave it by your front door as a reminder to take with you on your way out. Even if you don't plan to grab a drink on the go or do some shopping!! The plan might change!

1 - Hot/cold drinks container for water....impromptu coffee stop? Down the water and fill up with the hot stuff. That's 1 less single use water bottle and 1 less single use coffee cup you will avoid circulating.

2 - Fed up with the sight of litter around you? Old gardening glove and empty cereal bag to do a 2 minute litter pick (see what I got in the park my children were playing in?). Place items in bin/recycling when you get home. Rinse out cereal bag and re-use or place in a carrier bag recycling point.

3 - Roll it all up in a canvas bag, with another squeezed in just in case and place in your main bag. It doesn't take up much room, does it? And that is potentially 3 plastic bags you will avoid picking up on your trip out.

4 - The power of positive role modelling. Don't moan about what you see; use that energy to drive positive change. Could your actions above inspire 4 other people to follow?

Lead by example. Lead for habitual change (not climate change).