Bring your own cup.

When customers brought or borrowed cups, one Sydney café spent about A$140 a week less on packaging.

No cup with you?

1. **Drinking in?**
   Ask for a real cup.

2. **Skip the lid.**
   It is the heaviest piece of plastic on a takeaway drink.

3. **Say no to a straw.**
   Plastic straws are already banned in 6 of 8 Australian states and territories. Need one? Just ask.

Free ideas, tools and the evidence behind every number.

noplastictoday.com/take-action/
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Self-reported New South Wales Environment Protection Authority, reusable café project case study. Owner's till records.
Measured Australian Marine Conservation Society ban tracker, 2026. A campaign group's tracker, not an official register.