



# BEST PRACTICES

## Reducing plastic in the lab

- ✓ Replace plastic with glass, aluminum or paper alternatives.
- ✓ Plan well and/or reduce the scale of experiments when possible.
- ✓ Opt for smaller tubes or adapted to the sample volume.
- ✓ Prepare your own solutions and reagents.
- ✓ Check whether suppliers can take back some packaging/containers.
- ✓ Reuse packaging and coolers for shipments.
- ✓ Prefer to buy flexible kits, where reagents can be purchased separately.
- ✓ Fill boxes with pipette tips rather than buying new ones.
- ✓ Wash, sterilize and reuse plastic products when possible.
- ✓ Keep in mind that the only waste that doesn't pollute is the waste we don't produce.