

Getting to Plastic Free

These **three** actions make a big difference in reducing single-use plastics:

★ *Use your own reusable bags when shopping* ★ *Drink tap water (and other beverages) from a reusable bottle*

★ *Skip the plastic straw or have a reusable straw handy*

Other ways to rein in wasteful, single-use plastics

When shopping

- ❖ Buy fresh produce without any packaging / use a reusable produce bag
- ❖ Select food items in cardboard, glass, or metal containers
- ❖ Buy meat and fish from the counter wrapped in paper only
- ❖ Bring your own containers for deli products
- ❖ Buy dry goods (rice, beans, dried fruit, nuts, granola) from bulk bins using your own container or reusable bag
- ❖ Buy bread from the bakery in a paper bag or bring a cloth bag (store in an air-tight container)

When eating out or on the go

- ❖ Bring a thermal mug for hot beverages
- ❖ Have a container for carryout or leftovers
- ❖ Keep reusable straws & utensils (even chopsticks) on hand
- ❖ Eat ice cream in a cone

When cleaning

- ❖ Use rags, dishcloths, or washable cellulose sponges
- ❖ Use paper bags or line the garbage can with paper
- ❖ Make your own cleaning products
- ❖ Use soap nuts or powdered detergent sold in cardboard boxes

When preparing and storing food

- ❖ Store items in reusable, air-tight containers
- ❖ Wrap food with parchment paper, wax paper, or beeswax wrap
- ❖ Use reusable bags or containers for lunches and snacks
- ❖ Use reusable pods for single-cup coffee makers
- ❖ Plan for leftovers to replace frozen meals
- ❖ Make your own iced tea, sodas, or energy drinks
- ❖ Make your own baked goods, yogurt, cheese, and baby food

In the bathroom

- ❖ Use bar soap and bar shampoo
- ❖ Use a bamboo or wooden toothbrush
- ❖ Buy cosmetics and lotions in glass containers or make your own
- ❖ Make your own deodorant or toothpaste
- ❖ Use a safety razor, replacing the metal blades as needed

Other options

- ❖ Use cloth napkins instead of paper
- ❖ Bring your own toiletries when traveling
- ❖ Bring a cloth garment bag when picking up dry cleaning
- ❖ Stop chewing gum (gum is made of plastic)
- ❖ Skip balloons for celebrations
- ❖ Read the newspaper online
- ❖ Use a pencil or refillable fountain pen