**Plastic Use Inventory**

How much plastic do you use in a week?

Getting a better sense of your current use of single-use plastic will help will help you identify opportunities to make simple changes that reduces your plastic footprint. Don’t be discouraged or overwhelmed by the amount you use. Plastics have become part of almost every product we use. In many cases they make life easier but excessive use of plastics is everywhere. Throughout the Plastic Free Challenge we will be offering tips to help you in your efforts. Even small changes will make a difference.

***Three big source of plastic use***

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Plastic bags |  |  |  |  |  |  |  |
| Plastic water bottles |  |  |  |  |  |  |  |
| Straws |  |  |  |  |  |  |  |

***What are your other sources of plastic use*** (write down the items that your use or purchase during the week.

|  |  |
| --- | --- |
| Plastic bottles |  |
| Carryout or fast food containers (coffee and other cups, containers, utensils, and associated plastics) |  |
| Packaging on grocery purchases |  |
| Processed food in plastic containers or wrapping |  |
| Plastic wrap and baggies for food storage |  |
| Plastic bottles and tubes for soap and other personal hygiene products |  |
| Plastic cleaning products and containers  |  |
| Other products with disposable plastic content or wrapping |  |

    