

REDUCE SINGLE-USE PLASTIC

There are many plastic items that we use only once and then toss that are not easily recycled and may not decompose for hundreds of years. In the environment, they may break down into microplastics which may enter the food chain and water, ending up in our bodies.

Here are a few simple tips on reducing single-use plastic in your daily life.

1. Reusable shopping bags
 - a. Paper bags are a better option than plastic if available, but are still single use
 - b. Reusable bags are available for purchase where you shop and many institutions hand them out for free at community events. Keep these in your car. If you forget to bring them in, you can take the groceries out to the car and bag them there.
2. Water bottles

Avoid drinking bottled water in plastic bottles. Carry a reusable water bottle, preferably made from stainless steel or glass. Many water fountains now are equipped with water bottle filling stations.
3. Coffee cups and tops

Carry a reusable mug or thermos when purchasing coffee.
4. Straws

Alternatives to plastic might be single use paper straws, or reusable stainless steel, silicone, or bamboo straws.
5. Food storage

Consider using beeswax wraps, glass containers, or waxed paper bags.
6. Disposable plates and cups

Opt for paper that is not lined with plastic. If you compost, make sure the products are BPI Certified compostable. Avoid plastic and styrofoam.
7. Soaps, shampoo, laundry soap
 - a. Opt for bar soaps and shampoos where available.
 - b. Laundry soap can be purchased in tabs or sheets rather than liquid.
 - c. Search for a refillery in your area to get soaps and detergents in your own reusable containers.