



HOW TO Reduce Plastic IN YOUR HOME

You can do it! Start by replacing just one or two single use plastics. Replace plastic water and/or beverage bottles with a couple of reusable, stainless steel beverage bottles.

On January 23, 2024, the National Institutes of Health reported that, on average, a liter of bottled water in a plastic bottle includes 240,000 tiny pieces of plastic called microplastics and nanoplastics.

Another place to start is to take your own stainless steel coffee cup when you go out for coffee. The insides of disposable coffee cups may be sealed with polyethylene or other polymers, plus you reduce waste by using your own coffee cup.



As you reduce plastic use, you will be challenged to do some things a little differently. There will be some inconvenience at first. ***Stick with it!***

Every time you do not choose plastic you are reducing your exposure and the exposure of all living things on Earth to the thousands of toxic chemicals used to produce plastic. ***You can do it!***

Please note the following:

- New plastic replacement products are entering the marketplace at a rapid pace.
- Supermarkets are increasing their inventories of non-plastic items.
- You may need to try different products until you find the best one for you.
- Beware of “greenwashing” which is becoming increasingly common. Greenwashing is when inaccurate and/or misleading claims are made about the environmental impact(s) of a product.
- Invest in six 16oz forever reusable glass bottles with spray nozzles to use when mixing concentrates (*home-made or purchased*) instead of purchasing the products in plastic (*examples: dish soap, veggie wash*).



BIG IDEAS:

**No Plastic Touches Your Food or Drink
Eliminate Single Use Plastics First**

Reduce Plastic *IN YOUR KITCHEN*

1. **Dish spray, hand cleaner, dishwasher pods, laundry products and other household products** that are plastic free can be easily found (*example: www.dropp.com*).
2. **Meliora Bar Soap for dishes and cleaning products** (*can be found at www.meliorameansbetter.com*).
3. Replace Ziplock plastic bags with **paper sandwich bags** (*most grocery stores*).
4. Replace plastic **food containers** with glass or aluminum (*secondhand stores, Home Goods, some grocery stores*).
5. Use **solid cotton bags** to store greens and veggies in refrigerator and **mesh cotton bags** for shopping for produce (*widely available*).
6. Use **wooden cutting boards** instead of plastic (*Home Goods, many retail sources*).
7. Use **wooden and/or stainless steel mixing bowls and kitchen utensils** (*second hand stores, Home Goods*).
8. Replace **plastic wrap** with aluminum foil.
9. Make **fruit and veggie spray cleaner** by mixing ½ cup each water, lemon juice and apple cider vinegar and use from a glass spray bottle. Refrigerate when not in use.
10. Use **paper grocery bags** for household trash that cannot be composted or recycled.
11. Cover stainless steel mixing bowls with reusable cloth covers instead of plastic wrap when storing food in the refrigerator.



Reduce Plastic *ON THE GO*

12. Take your own **insulated aluminum cup** to the coffee shop to avoid plastic coating inside paper coffee cups and reduce trash.
13. Use and reuse **stainless steel or glass water bottles** and disinfect after use by spritzing the inside with undiluted hydrogen peroxide, waiting 15 minutes, rinsing and refilling preferably from a filtered source (*widely available*).
14. Make a **food take-out kit** for your car using wooden utensils (*free from Trader Joe's*) and glass or stainless food containers.
15. Use **canvas bags** for all shopping.

Reduce Plastic *PERSONAL PRODUCTS*

16. Replace **laundry detergent** with Tru Earth Laundry strips (*example: www.tru.earth*).
17. Use **shampoo and hair rinse** packaged in aluminum or produced in bars (*by Hand N Hand at Sprouts or Whole Foods*).
18. Use **bar soap**.
19. Use **toothpaste tablets** to replace plastic tubes and **wooden toothbrushes** (*available at Sprout's by The Humble Company*).



And *PLEASE REMEMBER...*

20. Use **paper lunch bags** when cleaning the kitty litter box.

