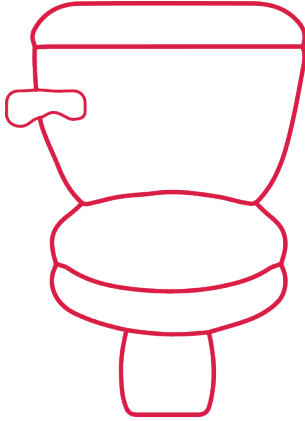


Phasing Plastic Out of Your Home

Sustainability Around the House

By Jill Bartolotta, Ohio State University Extension, Ohio Sea Grant



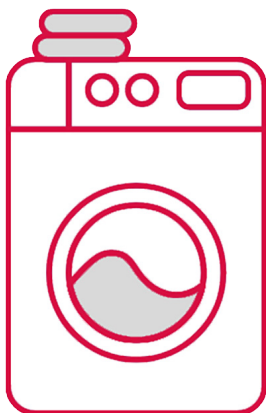
IN THE BATHROOM

- Use a bar of soap instead of body wash in plastic bottles.
- Use shampoo or conditioner bars instead of hair products in plastic bottles.
- Switch to a bamboo toothbrush.
- Use floss in glass or cardboard containers that have refill options.
- Switch to toothpaste bites instead of toothpaste tubes.
- Switch to reusable q-tips or makeup pads.
- Check the ingredients for all body care products to see if they have polyethylene or polypropylene in them. Avoid products with these ingredients.



IN THE CLOSET

- Fold clothes instead of hanging them to avoid needing to use hangers. Or use metal or wooden hangers.
- Buy clothing that is made from natural items like cotton or wool.
- Avoid synthetic clothing, which is made of plastic.
- If you wear a lot of synthetic clothing, wash it less, wash it in cold water, and install a microfiber filter in your washing machine.
- Buy clothing from resale stores, and donate unneeded clothes instead of sending them to landfills.



IN THE LAUNDRY ROOM

- Use laundry tabs or soap berries instead of laundry detergent in a plastic jug. Or make your own!
- Install a microfiber filter on your washing machine.
- Clean your dryer lint tray regularly.