Phasing Plastic Out of Your Home

Sustainability Around the House

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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.