

Reducing Your Single-Use Plastic Waste

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- 1 Store leftovers in reusable containers.** Or cover with 100% natural and environmentally friendly beeswax wraps or recyclable aluminum foil.
- 2 Replace disposable plastic shopping and produce bags with your own reusable ones.** Washable cotton produce and shopping bags are available or skip bags altogether if possible.
- 3 If you are a coffee fan, purchase reusable K-cups** that, besides saving plastic, will also save you money. Use loose leaf tea with a tea strainer instead of teabags that are sealed with plastic. Compost the loose tea and coffee grounds in your compost bin.
- 4 Single-use plastic bottles have a big carbon footprint and most are not recycled.** Buy a good quality plastic, glass, or metal water bottle to be reused. Wash and refill after every use for handy rehydration and be sure to take a bottle with you when you go out.
- 5 Take your own reusable containers to the bulk food store.** Buying larger tubs (i.e. yogurt, sour cream) creates less plastic waste than smaller, single-use sizes, and it saves you money. The same savings apply for larger bags of snacks compared to the waste of the single-serving bags.
- 6 Take your own cup/mug to the office and encourage coworkers to do the same.** Strive for a Styrofoam free workplace by buying inexpensive, washable cups/mugs for guests or by asking guests to bring their own cup/mug to meetings.
- 7 When ordering take out, skip the extra plastic** by requesting that straws, silverware, and condiment and spice packets be left out. Use your own items instead.
- 8 Choose sturdy, washable plates, cups, and cutlery** for your next party to be used over and over. In the long run it will save you money and reduce your plastic or paper waste.
- 9 Purchase sustainable toothbrushes,** made of bamboo, cornstarch, metal, and recycled materials instead of plastic ones.
- 10 Glass jars are great replacements for single-use plastic storage bags.** They are easy to sanitize and are freezer safe. If freezing liquids, avoid overfilling the jar as this may cause it to break.

