**64 WAYS TO HELP YOU REDUCE PLASTIC**

(Adapted from *104 Ways to Help You Reduce Plastic in Your Home* plus some Susan Vogt edits)

ON THE GO

1. Carry a reusable water bottle.
2. Get a reusable coffee or tea cup.
3. Buy a spork or a set of reusable cutlery that you can carry with you.
4. If you like to use a straw, use a reusable one or try a bamboo or metal one.
5. Bring your own “doggie bag” or container for buffet, restaurant leftovers.
6. Bring your own napkin/handkerchief/tissue.
7. At work keep a jar or two of condiments in a desk drawer or fridge.
8. Carry a reusable shopping bag (in the car or in a purse).
9. Carry snacks from home (fruit, nuts, etc.) in a reusable bag.
10. Pack a lunch when possible, instead of buying it.
11. Avoid chewing gum. (It’s made with plastic)
12. Buy juices, soft drinks in cans rather than plastic bottles. (Take home or to a recycling bin.)
13. Choose ice cream in a cone rather than a cup.
14. Carry a collapsible wine glass.

GROCERY SHOPPING

1. Buy loose products (without plastic wrapping) as much as possible.
2. Reduce frozen food that comes in plastic packaging. Buy fresh when possible.
3. Consider enrolling in a “Veg box scheme“ that delivers local fresh fruit & vegetables to your home.
4. Shop at Farmers’ Markets when possible.
5. Buy local deli products (cheese, ham, olives, pickles…) and put in your own tub.
6. Support a local bakery/butcher you like and bring your own reusable bag/packaging.
7. Buy in bulk rather than individually wrapped items. Fill your own reusable containers.
8. Try shopping at a “Zero Waste” store. You bring your own packaging.
9. Avoid food/drinks held together with plastic. Some stores use cardboard instead or buy a bigger bottle.
10. Avoid buying pre-prepared or chopped fresh fruit or vegetables.
11. Avoid black plastic food containers (frequently not recyclable).
12. If buying wine, metal screw caps or real corks are better than plastic coated corks.
13. Buy sauces, condiments, oils in glass jars when possible. Reuse.
14. Watch out for plastic linings. Some cans have BPA linings.
15. Choose tin cans over plastic containers for beans, chickpeas…
16. Vitamins - buy in glass jar if possible. Some online companies will send them monthly in a paper envelope.

GROW or MAKE YOU OWN FOOD

1. Herbs can be grown on a windowsill.
2. Salad makings, vegetables, fruits can be grown in your yard if you have the space and time.
3. Make your own cereal, granola, yogurt, alfalfa sprouts.

DRINKS

1. If you like coffee, skip the coffee pods and use a French press or coffee maker instead.
2. Avoid plastic juice containers. Buy concentrate or if you’re energetic, squeeze your own fruit.
3. Milk – Our choices are: plastic, cardboard, glass, or buy a cow. None are perfect. Research it.
4. If using a water filter use a charcoal filter and your own jug.

EATING OUT

1. Although home cooked is ideal, better to “eat out” than “carry out” (less plastic & Styrofoam)
2. If carry out is the only option, “Skip the Stuff” (plastic cutlery, packets of condiments, etc.)

COOKING AT HOME

1. Barbecuing? Buy some reusable outdoor cutlery, plates, cups.
2. Chopping Boards – Use wooden or glass instead of plastic ones.
3. Knives and cutlery – Avoid kitchen utensils with plastic handles Metal ones will last longer too.
4. Children’s dishware – Corelle dishes are hard to break but not unbreakable. Bamboo is one substitute but not microwave safe.
5. Matches: Suggest long matches rather than plastic lighters.
6. Avoid Teflon coated non-stick pans and opt for ceramic instead. Teflon is plastic.

FOOD STORAGE

1. Avoid cling wrap. Use beeswax wraps or silicone lids instead. Tin foil can be a backup and reused.
2. Reuse glass jars.
3. Use Tupperware, glass jars, or silicone containers instead of plastic bags or containers.

CLEANING PRODUCTS

1. Choose sponges made with natural loofah. Regular sponges usually have microplastics in them.
2. Pot Scrubbers – Look for scrubber made from fibers like bamboo shell or coconut husk.
3. Make your own cleaners or check out Refillable/Zero Waste stores. You bring the container.

BATHROOM

1. Soap – use bars of soap or buy liquid refills and put in your own containers.
2. Shampoo/Conditioner – Consider shampoo bars free of plastic packaging.
3. Toothpaste and mouthwash – Chewable tablets or tooth powder comes in glass jars.
4. Dental floss – Look for plastic free floss made from silk.
5. Cotton buds – Buy ones with paper stems when available.
6. Razors – Buy reusable metal razors and razor blades.
7. Shaving Cream – Shaving cream also comes in bars.
8. Deodorant – Salt sticks, crystals, and balms come free of plastic packaging.
9. Make-up – If you need it, buy make-up remover, face creams, lip balm, etc. in specialty stores.
10. Toilet paper – Buy toilet paper wrapped in paper rather than plastic.
11. Cleaning cloths – that’s what old rags are for.

MISC:

1. Newspapers and magazines often come wrapped in plastic. If you don’t have a dog or other use for it most grocery stores have recycling bins for such plastic film since it can’t go in curbside recycling.
2. Diapers – Cloth diapers may seem old fashioned but even the modern ones are significantly less expensive than disposable plastic diapers. In addition, you’ve got rags for a lifetime.

*Some of the above plastic alternatives are obvious and many people already do them. Great!*

*Other options are rather specialized, obscure, and or expensive. Few, if any, people will do all 64 of the above. In fact, if buying a new product means throwing out an old one. Use up what you have, then consider replacing it with a more eco-friendly substitute.*

Another source: Beyond Plastics website: <https://www.beyondplastics.org/>