

Plastic-Free Living Product Guide

Living plastic-free is very difficult and perhaps even impossible for most people, and while the public is learning that the Global Plastic Pollution Crisis was mostly caused by producers of plastic- not consumers, it is important for everyone to play their part in helping to solve the problems. There are options out there that help in the effort to tackle the plastics lifecycle. So here is a comprehensive list of products/alternatives to everyday plastic items that the A-Z Plastics coalition has come up with.

Plastic Alternatives Online Marketplace Stores

*These stores sell a variety of products from kitchen and cleaning supplies to food packaging to school supplies to bathroom essentials. Typically, they use plastic-free packaging as well.

1. [Etee](#)
2. [Earth Hero](#)
3. [Package Free](#)
4. [Tiny Yellow Bungalow](#)
5. [Life Without Plastic](#)
6. [Wild Minimalist](#)
7. [Eco Roots](#)
8. [Well Earth Goods](#)

Bathroom

1. Bar shampoo, bar soap, bar body creams can replace plastic bottles.

*Look for sustainable or palm oil free

- ["Ethique"](#)
 - Cream rinse bar from Ethique lasted us almost a year.
- [The Earthling](#)
 - Refillable shampoo, body cream, and conditioner in stainless steel bottles
- [Plaine](#) Company products
- [EarthHero](#)

2. Metal razor or electric razor rather than plastics

- [Leaf Shave](#)

3. Zero waste make-up brands

- Is surprisingly durable and works on tight teeth!
- [Plastic-free toothpaste](#)
- Or use baking soda and peppermint oil rather than toothpaste in tubes

5. Feminine Hygiene

- [Why plastic period products are harmful](#)
- [List of feminine hygiene products](#)

6. Clothes washing

- [DROPPS](#) laundry detergent
- [Cora Microfiber Laundry Ball](#)
- [Plastic Free Shop Laundry Detergent](#)
- [Filtrol](#) washer filter to catch polyester fibers/microplastics
- [Tru Earth](#) laundry strips

<p>➤ Blog post with many options</p> <p>4. Mouth Care</p> <p>➤ Bamboo toothbrush</p> <p>➤ Plastic-free floss</p>	<p>7. Toilet</p> <p>➤ Who Gives A Crap Eco Toilet Paper</p> <p>➤ Biodegradable cotton swabs</p>
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Kitchen

<p>1. Dish Washing</p> <p>➤ Dishwasher detergent pods</p> <p>➤ Handmade dish soap block</p> <p>➤ Etee Plastic Free Dish Washing Products</p> <p>➤ Cleancult dishwasher detergent tablets</p> <p>2. Paper Towels</p> <p>➤ Who Gives A Crap Eco Paper Towels *They use bamboo or recycled paper and build toilets for third world countries</p> <p>➤ Organic Unpaper Towels</p> <p>➤ Or use old sheets that can be cut and washed over</p> <p>3. Food storage</p> <p>➤ Beeswax wrap for leftovers</p> <p>➤ Silicon bags product list</p> <p>➤ Ziptop Silicone bags, cups, dishware</p> <p>➤ Using plastic Tupperware is more hazardous than using glass or silicone- chemicals can leach into food if it is warm or acidic.</p> <p>4. Trash</p> <p>➤ Plant-based trash bags – some are made from potatoes or corn</p> <p>➤ Use brown paper bag doubled up (dispose of wet items separately)</p>	<p>➤ Use small trash can/bags so that if the trash stinks and you must take out the trash before it is full, not as many bags will be wasted.</p> <p>5. Miscellaneous</p> <p>➤ Dianne's Dishware</p> <ul style="list-style-type: none"> ○ Pittsburgh, PA-based ○ RENTAL Service for bamboo dishware to use at your events <p>➤ Stainless steel French press</p> <p>*Running hot water through plastic coffee pots or single-cup plastic K-Cups might leach chemicals into your drink. Completely stainless steel French presses are safer.</p> <p>➤ Use canteens instead of plastic water bottles. Stainless steel is my beverage container of choice. Even if plastic is BPA free, it can still leech harmful chemicals into your food and drink.</p>
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Household Cleaning

1. [How to Approach Household Cleaning in an Eco-Friendly Way](#)
2. [Earth Hero Zero Waste Cleaning Supplies](#)
3. [Refillable Glass Cleaning Spray Bottle](#)

Grocery Shopping Tips

- Use your own bags
- Use re-usable produce bags
- Look for produce that is NOT wrapped in plastics
- Buy in cans rather than in plastic bags (frozen foods)
- Buy in glass (mushrooms) instead of Styrofoam containers with plastic wrap
- Stick butter rather than in plastic tubs
- OUI yogurt is in glass
- Beverages in glass bottles/Juice in concentrated form with cardboard containers

Other Plastic-Free Tips

1. Recycle your plastic (and other materials). There are JB Green team dumpsters in various locations throughout the valley.
2. Compost. If you don't have a garden, find a friend who does! Or you can bury it in your yard. This way you will produce less trash and you will be giving back to the soil.
3. Buy your milk in glass bottles or cardboard. Some stores have a glass bottle program that gives you a credit every time you return the bottle that your previous milk came in.
4. Buy loose leaf tea instead of tea bags. Some tea bags have microplastics that leech into your tea when brewed.
5. Do not heat anything in plastic or put plastic in the dishwasher. Chemicals can get released when heated.
6. Write to your local stores and ask them to stop supporting companies who use single-use plastics, or write to the companies themselves. Every person in the U.S. used about 300 pounds of single-use plastic in 2016.
7. Reuse the plastic packaging if you can, rather than tossing it right away. You never know when you might find a use for the empty Tostitos bag or that TV dinner tray.
8. Ask the managers at restaurants and food stands to do away with plastic or Styrofoam to-go boxes.
9. Consider buying 100% organic cotton clothing or clothing that does not have synthetic fibers such as polyester, nylon, and acrylic, as these contribute to the ocean problem as well: <https://www.vox.com/the-goods/2018/9/19/17800654/clothes-plastic-pollution-polyester-washing-machine>
10. Consider not using any products that contain microbeads of plastic, such as in toothpaste, facial scrubs and cosmetics. These beads can end up in the bellies of fish and other ocean creatures.
11. Use matches instead of plastic lighters or use the re-fillable ones.

Plastic Factoids

1. Plastic packaging accounts for half the plastic wastes in the world
2. America, Japan and the European Union are the world's largest producers of plastic per capita
3. By 2050 there will be 12 billion tons of plastic litter in landfills and the environment
4. By 2050, plastic may account for 20% of the world's total oil consumption
5. If tied together, the five trillion plastic bags used worldwide each year could be wrapped around the world seven times every hour!
6. More than half of all the plastic made was produced in the last 15 years
7. 99 percent of all the plastic made is derived from fossil fuels
8. In 1978, Coca Cola replaced glass with plastic
9. In 2018, 1.13 million items of packaging (mostly plastics) used for food and drinks in European Union alone
10. Plastics found in soils are 4 to 23 times higher than plastics in the sea
11. Making a polyester shirt may emit between 3.8 to 7.1 kg of Carbon dioxide
12. In 2018, China banned the import of plastic wastes
13. The four biggest exporters of plastics are: USA, Japan, Germany and UK
14. We have a ton of plastic for every person alive on the planet
15. Coca cola uses 88 billion single use bottles a year
16. Sachets, one single use of a single serving size are used extensively in poor countries (50% end up as wastes in a month)
17. USA uses 21% of single use packaging
18. Most common single use plastics are: Cig butts, drinking bottles, bottle caps, food wrappers, plastic grocery bags, plastic cup lids, straws, stirrers, foam take-out containers (ALL UNNECESSARY USES)
19. Of the 400 million tons of plastic made each year (158 million tons is for packaging) (62 for fabrics) (45 for consumer products) (71 for building and construction- this sector wouldn't be single use)
20. If you drink bottled water, you consume an average of 130,000 microplastics a year (Canadian study)
21. We eat on average the weight of one credit card a week of plastic (Australian study)
22. Food packaging industry market value in 2017 was \$277.9 billion
23. Women who handle plastics in the car industry are 5 X as likely to develop breast cancer
24. Plastic additives contribute to: obesity, diabetes, neurological diseases, premature onset of puberty, hypospadias
25. Bio-degradable plastic requires 12 weeks at 60 C to de-grade
26. Only 24 % of the 9.2 billion tons of plastics made since the 1950s are still in use
27. By 2021 Thailand and Malaysia will ban imported plastic scrap
28. Britain and USA are among the world's top plastic exporters and Malaysia is one of the top importers of wastes
29. Incinerators are expensive and when plastic is burned it creates dioxins and furans as well as carbon dioxide and other toxic emissions
30. Price paid for plastic wastes is much lower than what is paid for cardboard and metals
31. End of the waste stream solutions like recycling and incineration absolve the manufacturers of their responsibility. We need to make less plastics.
32. ORB found approximately 16 fibers in the tap water at the visitor's center in US Capital, home to both houses of Congress.

33. 95 % of the world's tap water now contains microplastics
34. 10 Rivers are carrying 90% of the plastic wastes to oceans. Two of them are in Africa - the Nile and the Niger - while the others are in Asia: the Indus, Ganges, Amur, Mekong, Pearl, Hai he, Yellow and Yangtze.
35. By 2050, an estimated 99% of seabirds will have ingested plastics
36. Plastic bags can increase the risk of transmission of vector- borne diseases such as malaria (blocking sewer systems and holding water.
37. The world produces over 400 million tons of plastic a year.
38. Only 2 percent of plastic packaging is effectively recycled.
39. Many of our food containers contain styrene and benzene which are carcinogens.
40. North America is the only continent without any policy on plastic bags.

Sources: Break Free from Plastics (Atlas)

Single Use Plastics – A roadmap for Sustainability UN Report

Plastics and Health- The Hidden Costs of a Plastic Planet CIEL Report

https://orbmedia.org/stories/Invisibles_plastics/

The Helmholtz Centre for Environmental Research in Leipzig, Germany