

Sustainable Living Guide

JULY | REDUCING PLASTIC CONSUMPTION



An estimated 13 million metric tons of plastic enter the ocean every year—that's essentially a garbage truck emptying a load of plastic waste into the ocean every minute. **9%** of that waste consists of monomaterials like cling film, plastic bags, bottles, condiment packets, and household goods like toothbrushes and toys.

~~With only 9% of plastics being recycled, there are many easy ways you can help!~~ Although cutting back your plastic usage may feel like an impossible task, it's simpler than you may think. Below are some easy tips for reducing household plastic consumption.*



CONDUCT A WASTE AUDIT AND WATCH FOR HIDDEN PLASTICS

Be mindful of what leaves your home. Every time you reach for your trash and recycling cans, pay attention to what you're putting in. Is that item something that you could replace with a product with a longer lifespan?

When you're keeping track of your household's waste production, don't forget the plastic bag likely holding it all. You could replace that liner in your trash can with a compostable or recycled plastic liner.

BREAK UP WITH PLASTIC FOOD PACKAGING

Favor plastic-free produce. Farmers' markets are great places to look for unpackaged goods, but many grocery stores also ~~have~~ unpackaged fruits and veggies on their shelves. When you shop, bring reusable produce bags or place items directly into your basket.

At home you can reuse containers from products like yogurt or sour cream for storing leftovers. You can also replace single-use plastic and items at the end of their life with products that have longer lifespans and smaller environmental footprints.

- Bee's Wrap and silicone lids are great alternatives for cling film.
- Silicone storage bags can replace plastic zipper bags.
- Glass storage containers can replace old, damaged plastic containers.



CREATE A TO-GO KIT

Create a to-go kit with daily essentials and keep it in your bag, work desk or car so they are ready when you need them. To-go kits are also handy for school lunches and traveling! Depending on your needs, your kit may include reusable water bottles, utensils, straws, ~~silicone bags, etc.~~