

Plastic Free July

18 THINGS YOU CAN DO TO REDUCE PLASTIC

1 Bring Your Own Shopping Bag



If necessary, choose paper bags

2 Purchase Secondhand



3 Buy Loose & In Bulk

Buy items you purchase often in bulk with little to no packaging. Look for sustainable packaging options like glass or cardboard.



4 Use Cloth Diapers



7.6 billion pounds of diapers are discarded in the U.S. each year!

5 Stop Buying Bottled Water



6 Ditch Straws



If needed, use paper or metal alternatives

7 Make Your Own Cleaning Products

Use nontoxic ingredients to improve indoor air quality and eliminate the need for multiple plastic bottle cleaners



8 Skip Products With Microbeads



These beads pass through water treatment plants and cause harm to animals

9 Use Reusable Containers



Skip plastic baggies or wrap. Use green durable alternatives such as glass jars, cloth produce bags, or beeswax wrap.

10 Recycle!



11 Cook Like A Natural



If you cook with less processed food you'll reduce packaging waste

12 Shave Smart



Eliminate plastic disposal razors. Use razors with replaceable blades.

13 Keep A Zero-Waste Kit

When planning a day out, pack your travel mug, metal container, jar for leftovers, napkin, and real utensils.



14 Use Natural Sponges



Use cotton rags or cellulose sponges like loofah, hemp, or bamboo

15 Skip K-cups!



Grind your own coffee or have it ground at the store

16 Shop At A Farmer's Market



Buy fresh, local, unpackaged produce!

17 Don't Trash It! Compost It!

Composting reduces plastic garbage bags and lowers CO2 emissions. Compost helps grow unpackaged food.



18 Refuse Stuff



Tell your server you don't want a straw or you brought your own cutlery or takeout container.