

REDUCE PLASTIC IN YOUR HOME

How can you reduce your plastic footprint in your home? Take it one room at a time!

KITCHEN

Use This:

- ✓ Metal or glass dishware
- ✓ Metal or glass cutlery
- ✓ Cloth or reusable grocery bags
- ✓ Butcher paper
- ✓ Stainless steel or glass water bottles
- ✓ Metal or wood cooking utensils
- ✓ Glass jars for the pantry
- ✓ Recycling bin for empty plastic packaging

Not That:

- ✗ Plastic plates and cups
- ✗ Plastic cutlery
- ✗ Plastic bags
- ✗ Plastic wrap
- ✗ Bottled water
- ✗ Plastic cooking utensils
- ✗ Plastic bins for the pantry
- ✗ Garbage bin

BATHROOM

Use This:

- ✓ Natural personal products like toothpaste, face wash and moisturizers
- ✓ Bar of soap
- ✓ Recycling bin for empty plastic bottles
- ✓ Body brush for exfoliating

- ✓ Reusable or electric razors for shaving
- ✓ Diva Cup

Not That:

- ✗ Personal products that contain polypropylene or polyethylene
- ✗ Body wash in plastic packaging
- ✗ Trash bin for empty plastic bottles
- ✗ Body scrub for exfoliating that contains polypropylene or polyethylene
- ✗ Disposable razors
- ✗ Sanitary pads and tampons

LAUNDRY ROOM

Use This:

- ✓ Natural clothing materials like silk, wool or cotton

- ✓ Laundry detergent in bulk
- ✓ A filter for your energy efficient washing machine
- ✓ Powdered laundry detergent

Not That:

- ✗ Synthetic clothing materials like fleece, acrylic, lycra, nylon and spandex
- ✗ Laundry detergent pods
- ✗ Non-filtered or an aging washing machine
- ✗ Liquid laundry detergent in plastic packaging