

# 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

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## BEDROOM

### Use This:

- ✓ Cotton, bamboo or silk linens
- ✓ Matches for candles
- ✓ Coconut or jojoba oil
- ✓ Essential oil diffuser

### Not That:

- ✗ Polyester or flannel linens
- ✗ Plastic lighters
- ✗ Bottle of hand cream
- ✗ Linen spray

## GARAGE

### Use This:

- ✓ Bat box
- ✓ Plant native plants
- ✓ Wood or bamboo patio furniture
- ✓ Canvas tents

### Not That:

- ✗ Bottles of pesticides
- ✗ Water garden
- ✗ Plastic patio furniture
- ✗ Nylon tents

## OUT AND ABOUT

### Use This:

- ✓ Stainless steel straw, or opt out!
- ✓ Reusable cutlery packed in your bag
- ✓ Condiments from pump dispensers
- ✓ Reusable coffee mug
- ✓ Refillable stainless steel water bottle
- ✓ Reusable cloth bag

### Not That:

- ✗ Plastic straw
- ✗ Plastic cutlery
- ✗ Condiment packets
- ✗ Disposable coffee cups
- ✗ Plastic water bottle
- ✗ Take-away plastic bag

## YOUR IDEAS

### Use This:

### Not That: