# 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