

## Sustainability Tips

# PLASTICS

Most commonly used plastics do not go away;  
they simply break down into smaller and smaller pieces.

**Reduce** Bring your own bag. Use reusable produce bags. Say no to bottled water and plastic straws. Buy in boxes, glass jars, paper wrappers, not plastic bottles and plastic bags. Buy from bulk bins. Shop where it can be wrapped in paper or weighed into your own container: deli counters, farm stands, at the butcher and cheese store. Buy soap bars, not liquid soap. Make your own juice from fresh fruit. Make your own yogurt. Make your own cleaning products. Make your own bread. You get the idea, make your own and reduce plastic packaging. Read the label for polypropylene or polyethylene microbeads in toothpaste, body- and face washes. Skip disposables (razors, lighters, pens) and return to refills. Choose organic fabrics (cotton, linen, hemp, silk, wool) over synthetics (polyester, lycra).

**Reuse** Use glass containers for food storage, reusable bottles and coffee cups. Bring your own container for takeout or leftovers. Pack your own and say goodbye to disposable eating utensils. Switch to cloth diapers.



**Recycle** Recycling has its limitations, including its impact on global warming and energy use. The eco-footprint for recycling, however, is lower than sending plastics to a landfill or incinerator. Using materials made from recycled plastic helps to create a market and keeps plastics out of the waste-stream. Take care not to put the wrong material into recycling containers.



*Make a difference!*

