

# Alternatives to single use plastics

## Alternatives to single-use plastic shopping bags

- Reuse the plastic bags you have
- Ask for paper bags
- Bring your own reusable bags
- Tuck your purchase in your backpack or purse

## Alternatives to single-use plastic water bottles

## Alternatives to single-use juice & soda bottles

- Juice - Buy juice in frozen concentrate and make it at home. The metal ends can be recycled by a metal recycler (not curbside) and the paper can go in the trash to degrade. Then you can use reusable bottles to carry juice. OR eat whole fruit! It's got more nutritional value than juice
- Soda bottles - buy soda in cans that are readily recyclable, such as aluminum instead of glass or plastic.

## Alternatives to single-use plastic straws

- Join the [skip the straw](#) movement
- Ask for a paper straw
- Bring your own reusable straw

## Alternatives to single-use utensils

- Bring your own reusable utensils, wrapped in a cloth napkin in your bag,
- Leave a set of reusable utensils at your desk
- Use edible spoons, see [bakeys.com](#)

## Alternatives to takeout containers / leftover containers

- Ask for your takeout to be put in aluminum foil, which is recyclable
- Bring in your own dish for the takeaway. This works well for counter service restaurants like some mexican fast food places, pho restaurants, poke bowls restaurants, build your own salad

## Cleaning at Home

- Keep the bottles/sprays you have and refill them with easy to make solutions from white vinegar, alcohol, baking soda, and dish soap.
  - Liquid Dish Soap - replace the dish soap with a bar of soap that you can use on the dishcloth before washing the dishes
  - Laundry Soap - powder soap works well in nearly all cases and a cardboard box of powdered laundry lasts a long time
  - Dishwasher soap - replace the dish soap with a mix of baking soda, salt, and a couple drops of liquid soap

## Personal Hygiene

- Bar soap instead of liquid soap - in the shower and at the sink.
- Shampoo bars work great on all types of hair as a replacement for liquid shampoo. They are available by local soap makers and sold at farm markets, stores like Kimberton Whole Foods, and even at Amazon.
- Lotion Bars come wrapped in parchment and in a metal tin container. Also available at stores and locations that sell homemade soap.

## Kitchen:

- Use jars or other containers for leftovers. Even half an onion can be kept in a jar
- Beeswax and other cloth coated wax wraps are great alternatives for plastic wrap
- Parchment paper works for lots of other purposes
- Aluminum foil can be re-used and if clean, can be recycled
- Eliminate
  - Butter tubs by using stick butter kept in a dish/plate
  - Yogurt tubs with easy to make at home yogurt
  - Tea bags (up to 25% plastic) with loose tea and a tea infuser
  - Buy in bulk with a reusable cloth bag
  - Buy fruit and vegetables that are not wrapped in plastic or in plastic bags
  - Make your own veggie broth from the remnants you cut off veggies. Just add salt!
- Reduce
  - Look for condiments in glass
  - Buy herbs and spices in bulk (many times it's not even enough weight to tip the scale)