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WAYS YOU CAN REDUCE PLASTIC USE TODAY!



1. Purchase a reusable metal straw and carry it everywhere. Say no to plastic straws and use this instead!



2. Whether you're picking up takeout or bringing home your restaurant leftovers, be prepared with your own reusable containers. When you place your order, ask if you can get the food placed in your own container. Most restaurants will have no problem with it. Some take away restaurants use cheap food containers that may leach chemicals into the food, so this practice is not only better for the environment, but safer for you too!



3. Always have a shopping bag with you so that you can avoid using plastic bags. These come in a large variety of designs, and are usually sturdier than plastic bags. So not only will it be easier to carry your groceries, you'll also look cooler doing it!



4. When buying laundry detergent, shampoo or body wash, try to find the refill packs instead of buying another plastic bottle. This way you can reuse the old bottle. These refill packs usually offer more value for money, so you'll also be saving yourself a pretty penny!



5. Stop chewing gum! Gum was originally made from tree sap called chicle, a natural rubber, but when scientists created synthetic rubber, polyethylene and polyvinyl acetate began to replace the natural rubber in most gum. Not only are you chewing on plastic, but you may also be chewing on toxic plastic — polyvinyl acetate is manufactured using vinyl acetate, a chemical shown to cause tumors in lab rats. While it is possible to recycle your gum, it may be best to skip it — and its plastic packaging — altogether.



6. Many stores and wet markets sell bulk food like rice, pasta, beans, nuts, cereal and granola. Instead of buying pre-packaged goods, you can opt to bring your own reusable bag or container which will save both money and unnecessary packaging. Some stores even offer further discounts if you help to reduce the use of packaging!



7. You can buy a variety of prepared foods in glass jars instead of plastic ones, including spaghetti sauce, peanut butter, salsa and jam, just to name a few. Instead of throwing these away or recycling them, reuse the jars to store food or take them with you when you're buying bulk foods.



8. Avoid buying fruits and vegetables that are wrapped in plastic. Most fruits such as oranges, apples, watermelon, and pineapples already have a thick protective skin, yet many stores will still wrap them in plastic. There is no need for this so don't support the practice!