



Ideas to Reduce Plastic Waste

1. Take your own reusable (preferably metal) **coffee cup, water bottle,** and **metal utensils** with you always. Say "no" to purchasing water (or pop) in plastic bottles.
2. Say no to **plastic straws**. As soon as you sit down in a restaurant, say "no straws please." If a straw is a must, purchase a reusable stainless-steel or bamboo straw and keep it with you.
3. Keep your own reusable **take-home container in your car** for your restaurant trips.
4. Take your own **reusable shopping and produce bags** (preferably cloth / canvas) with you to the grocery store.
5. **Avoid excessive packaging** of grocery products. For instance, avoid whole fruits and vegetables prepackaged in plastic bags.
6. **Buy products with more recyclable packaging** like cardboard boxes, paper, glass, or metal instead of plastic. Then recycle!
7. Consider purchasing food, like cereal, pasta, and rice from **bulk bins** and fill a reusable bag or container.



The Plastic Problem

Plastic is "Forever"

Only 9% of all the plastic ever produced has been recycled. Plastic does not decompose easily and can last 100's of years. It breaks up into ever smaller pieces. There is little demand for the plastic you recycle.

Disposable Plastics

The use of bags, bottles, straws, utensils, polystyrene cups, film, and food packaging has exploded. The waste clogs our landfills, waterways, and poses hazards to birds and marine animals.

Plastics and Our Health

Microplastics are found in our air and food chain with unknown impacts. Some chemicals that can leach from certain plastics could pose a concern because of possible health effects according to the Mayo Clinic.

Reduce, Reuse, then Recycle