

Plastic Free July

Plastic pollution is a global problem, and “plastic free July” is a global initiative. Did you know that every **minute** the equivalent of one garbage truck full of plastic is dumped into our oceans? Sadly, only 10% of all plastic waste is recycled, leaving the remainder in landfills or sloughing into the natural environment.

WHAT WE CAN ALL DO:

1. Bring your own bags to the grocery store, and ALL stores.
2. Don't buy beverage bottles in plastic... Glass is great!
3. Bring your own reusable coffee container when you do take out.
Disposable coffee cups can live over 100 years in the landfill.
4. Do not purchase fresh fruits and vegetables wrapped in plastic. Go to Farmers markets when available.
5. Buy laundry detergent in boxes, not liquids in plastic containers.
6. Buy eggs in paper/cardboard cartons
7. Bring your own containers to restaurants for leftovers.
8. Buy chips packaged in paper bags not plastic.
9. Buy milk and creamer in cardboard containers.
10. Buy bar soap, not body wash in plastic.
11. Compost food scraps and reduce use of plastic trash bags.
12. When ordering drinks say, “No straws please” and when ordering take out say, “No plastic utensils please.”
13. Buy toilet paper that is wrapped in paper not plastic.
14. Don't use zipper-style plastic bags... Aluminum or wax paper is a better option.
15. Pack your own lunch in reusable containers.
16. Use razors with replaceable blades instead of disposables.
17. Drink out of a reusable water bottle, so you don't contribute to the nearly 1million plastic drink bottles sold **every minute** around the world.

18. Choose to have your ice cream treat in a cone, saving the use of disposable cups and plastic spoons.

19. Don't use face wash or toothpaste with micro beads. If the ingredients label lists polyethylene or polypropylene, they likely contain micro beads. These tiny beads go down the drain and eventually into streams, lakes, and the ocean. They are easily mistaken for food by fish and can then be ingested by humans.

20. Sometimes you have to use plastic and that's OK! But always recycle plastic when you can and NEVER leave it in the environment.

21. Take a bag around your neighborhood and local creek or river and pick up plastic trash.

Thanks to all who participated in No Mow May – now let's get on board for "Plastic Free July"