

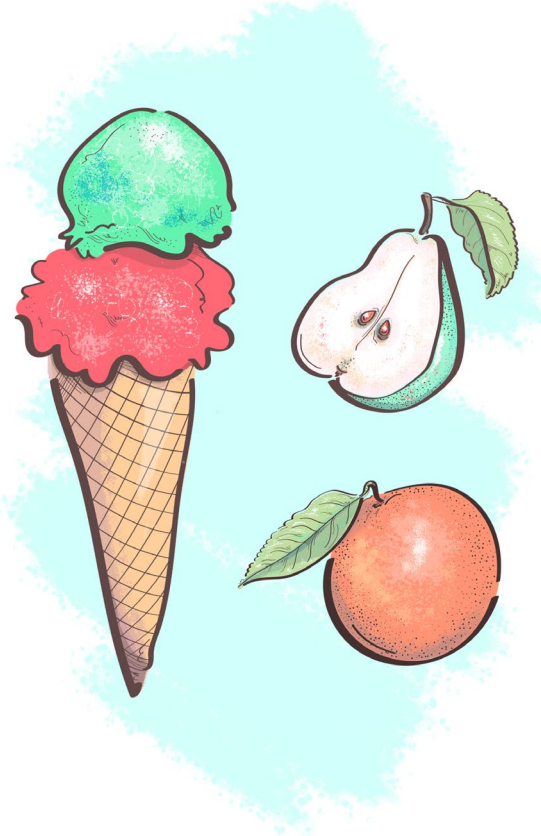


# HOW TO AVOID UNHEALTHY PLASTICS IN YOUR EVERYDAY LIFE

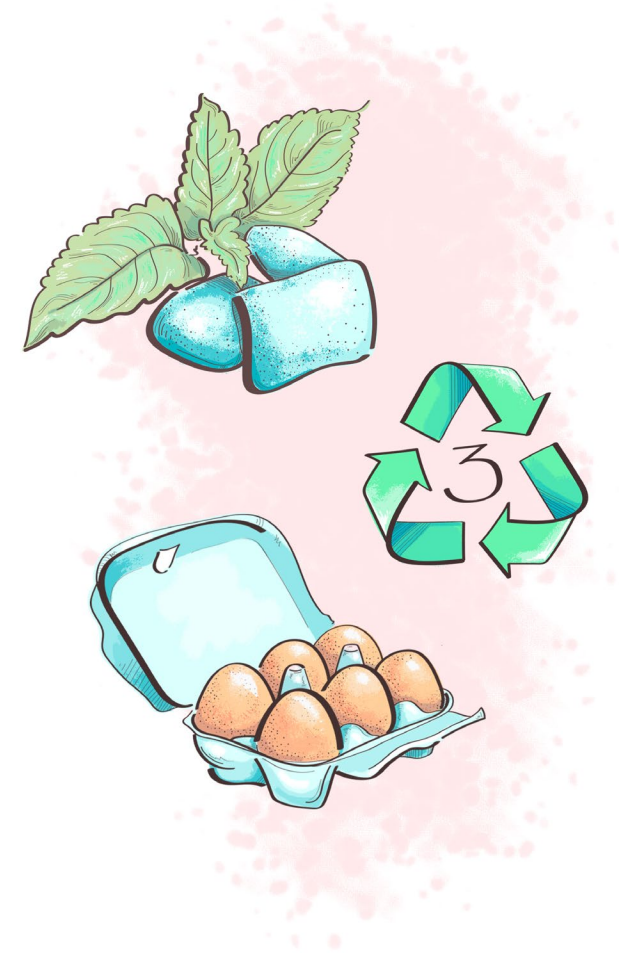
Did you know that plastic items, particularly single use plastics, pose potential health risks for you and your family? Follow these simple tips daily to reduce plastic items from your life!

## FOOD

- Treat yourself to an ice cream cone **instead of buying plastic ice cream containers**. If you do want to take some ice cream home, you can have it packed in your own container.
- Avoid buying sodas, juices, and other plastic-bottled beverages and **try to eat fresh fruit**.
- Look for food products stored in **glass over plastic** and store leftovers at home in glass or ceramic containers as well.
- Opt for **stainless steel reusable bottles**, that can work for the whole family, from babies to kids to adults, and say 'goodbye' to bottled water.
- **Bring a napkin and utensils from home**. (You can wrap the utensils in the napkin so they stay secure in your bag).



- Avoid plastic labeled with the **recycle symbol #3** since this one is made of PVC.
- Buy food that comes in either **paper or cardboard containers** (eggs, bread, meat, milk).
- Try to give up **chewing gum** since it contains plastic, and rather opt for plastic-free chewing gum options.etc.)
- Get a good **water filter for the faucet to replace the bottled water**. Or, if nothing else, buy bottled water only in reusable 5 gallon polycarbonate containers and keep them in a cool, dark place.
- Try not to heat food or liquids in **plastic or pouches**. High heat allows plastic to leach chemicals faster.



## CLOTHING

- Try to **avoid clothes made from polyester**.
- Use a cloth diaper; use natural or cloth toys for pets and kids;
- If buying new clothes, **shop from brands using organic fibres** or other natural materials, such as cotton, hemp, linen and wool. In case you do need plastic, **try to find brands that use recycled materials**.
- Try to **make your clothes last by wearing them longer**. Even if you do not want to wear it, you can extend its use by passing it on to someone else who is in need of clothes.

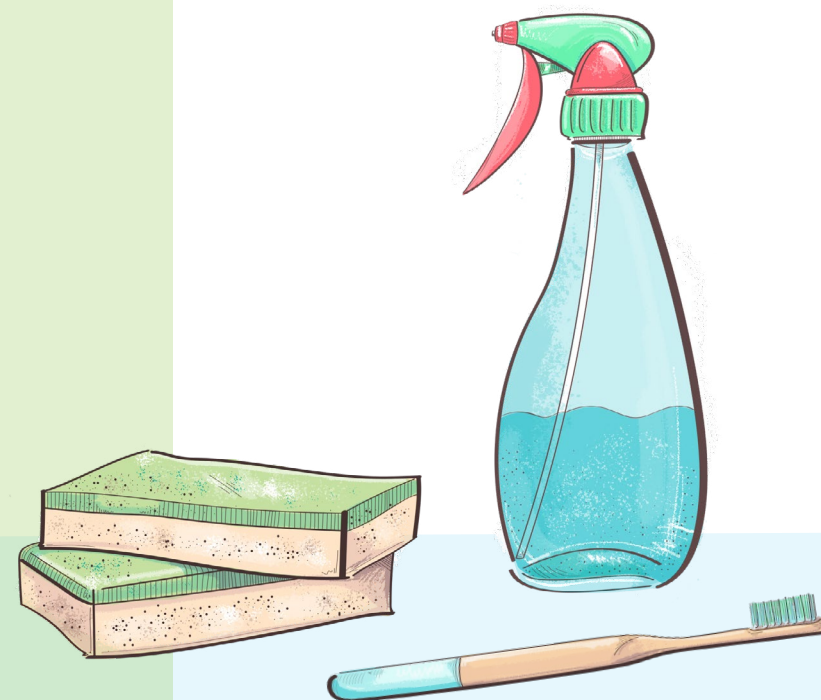


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## CLEANING

- Clean with **vinegar and water**, and store it in a reused spray bottle.
- **Baking soda has so many purposes.** You can use it as a cleaning product since it will not scratch surfaces, but it is effective at killing viruses.
- **Hand wash dishes** without using baking soda or bar soap. Your dishes will be amazingly clean.
- If you are using a **dishwasher detergent**, use a **powdered one** that comes in a cardboard box.
- Use **natural cleaning cloths and natural sponges** instead of plastic scrubbers and synthetic sponges. They clean just the same, if not better!
- Wash your clothes with **homemade laundry soap in plastic-free packaging.**



## OTHER NECESSITIES

- When travelling, carry a **stainless steel travel mug** or water bottle at all times for coffee and other drinks.
- Use **wooden matches** instead of plastic lighters.
- **Switch to a bamboo toothbrush**, and avoid toothpaste tubes by making your own toothpaste (it is really so easy).
- **Carry reusable shopping bags.** Many of them compress into their own attached stuff sack, which makes them very convenient and easy used, not taking much space.
- Mix **baking soda** mixed with a few drops of **tea tree oil** and use it as a **deodorant.**
- Use a handkerchief instead of paper tissue.
- **Choose plastic-free gifts** for your friends and family by **opting for gift cards.** It is a great idea since your friends can choose their own gift.
- If you are buying gifts, **wrap them without plastic tape.** Also, try to **reuse gift bags and wrapping paper.**





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