



# Alternatives to Commonly-Used Plastics

## BATHROOM



ITEM	ALTERNATIVES
Floss	Look for compostable floss over plastic
Soap bottles	Refill bottles if you have a bulk option, look for soap bars
Shampoo/conditioner bottles	Refill bottles if you have a bulk option, look for shampoo bars (like at Lush)
Plastic razor	Metal safety razor
Toothpaste tubes	Look for toothpaste tablets, tooth powder
Toothbrush	Look for a bamboo toothbrush, refuse plastic brushes at your dentist visits
Cosmetics containers	Look for plastic-free options like at Refill Revolution

## KITCHEN / GROCERIES

ITEM	ALTERNATIVES
Water bottle	BYO when you go out! Buy a charcoal water filter!
Granola bar wrappers	Make your own bars!
Oatmeal canister	Buy oatmeal in bulk, BYO container
Pasta/cereal boxes	Buy dry goods in bulk, BYO container
Nut butter/jelly/applesauce jar	Look for glass over plastic, make your own
Chip bags	Look for snacks you can buy in bulk, make your own
Beverage cans/bottles	Bring a growler to buy your kombucha/beer
Shopping bags	Invest in a reusable bag, bring an old plastic bag
Produce bags	Bring a mesh bag, reuse a plastic produce bag
Plastic milk/juice jugs	Look for cartons over plastic, make your own nut milk/juice, look for bottle take-back programs like at Sprouts
Lettuce/greens clamshell container	Buy your greens naked! Put them right into your shopping cart/bag, or bring your reusable produce bag.
Tea bags/coffee pods	Buy coffee and tea in bulk, use a reusable tea steeper
Ziploc bags/saran wrap	Beeswax wraps, reusable cloth sandwich bags



## DAILY LIFE / EATING OUT



ITEM	ALTERNATIVES
Receipts	Refuse receipt if it's an option, plan one big shopping trip instead of many frequent ones
Plastic cutlery	Bring your own silverware from home, or get a reusable travel set (or spork).
Paper napkins	Refuse when dining out, if you need a napkin bring one from home or make one out of a bandana, old shirt, etc.
Take-out containers	BYO container! Order "for here", then put the food from the plate into your own container. Use a Tupperware or large jar from home.
Straws	Refuse straws if you don't need one! There are stainless steel, silicone, and bamboo options to buy.