

Common Plastic Items and Their SUSTAINABLE ALTERNATIVES

BATHROOM



ITEM	ALTERNATIVES
Floss	Look for compostable floss over plastic
Soap bottles	Refill bottles if you have a bulk option, or look for soap bars
Shampoo bottles	Refill bottles if you have a bulk option, or look for shampoo bars
Plastic razor	Metal safety razor with removable blades
Toothpaste tubes	Look for toothpaste tablets, tooth powder
Toothbrush	Look for a bamboo toothbrush, and refuse plastic brushes at your dentist visits
Cosmetic containers	Look for plastic-free options at Zero Waste stores
Feminine products	Silicone menstrual cups, organic cotton tampons, reusable cloth pads

KITCHEN/GROCERIES

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



TAKE-OUT



ITEM	ALTERNATIVES
Receipts	Refuse receipts whenever it's an option, and try to plan one big shopping trip instead of many frequent ones
Plastic cutlery	Bring your own silverware from home, or get a reusable travel set
Paper napkins	Refuse when dining out, or bring your own
Take-out container	BYO container! Order "for here," then transfer the food into your container
Straws	Refuse straws if you don't need them, or bring your own straw