

REPLACE THAT

WITH THIS

Single-use water bottles and cups



Reusable water bottle and travel mugs

Plastic bag



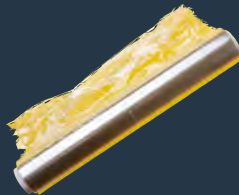
Reusable grocery and produce bags

Plastic silverware



Reusable silverware set

Plastic cling wrap



Beeswax covers, silicone stretch lids, or compostable cling wrap

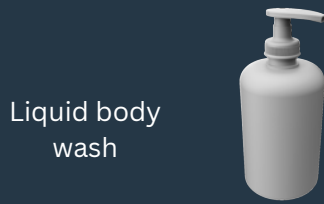
Plastic zip bags



Reusable zip bags

REPLACE THAT

WITH THIS



Bar soap

Pads and tampons



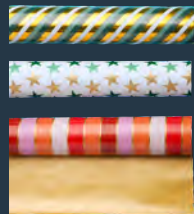
Menstrual cup

Laundry detergent and dryer sheets



Laundry sheets and dryer balls

Wrapping paper, ribbons, and bows



Reusable gift bags and wrapping

TIPS TO MAKE THE TRANSITION

- Don't feel overwhelmed. Just pick one thing that's easy to switch and start with that. This is a journey.
- Keep items in your car or bag to have on hand.
- When you need something, buy quality items that will last.
- Find things you enjoy using. You're more likely to use it if you love it.
- Use accountability to help you remember. Make a commitment with a friend or challenge them to a competition in reducing single-use plastics.