

A Life Less Plastic - Ten Alternatives

- 1. CARRY REUSABLE SHOPPING BAGS.** Whether you're shopping for groceries, clothes or electronics, be sure to bring along the reusable bag(s) of your choice. Keep them in your car so you don't forget to use them. We recommend the [Chico Bag](#)—small enough to fit in your pocket or purse!
- 2. GIVE UP BOTTLED WATER.** By drinking your water from a glass jar or a [reusable bottle](#), you can help reduce the environmental costs associated with producing bottled water and save money while you're at it. Unlike bottle water, the quality of your tap water is [regularly monitored by your city](#). Click [here](#) to learn more about your local tap water supply.
- 3. SAY NO TO PLASTIC PRODUCE BAGS.** Bagging your produce is generally unnecessary. If you do want a separate bag for produce, cloth options are available. Some alternatives are [EcoBags](#), [Acme produce bags](#) or making your own from old t-shirts.
- 4. BUY FROM BULK BINS.** You can find almost all dry foods, as well as some personal care products, from bulk bins. If you can't find bulk bins in your neighborhood, you can still buy non-perishable goods in large packages, which will decrease the amount of plastic used.
- 5. MAKE YOUR OWN SELTZER.** When it comes to carbonated drinks, you can avoid high intakes of high fructose corn syrup AND the need for purchasing disposable bottles by [making your own seltzer](#). We recommend adding a splash of juice to your homemade soda to create a delicious bubbly drink. Kids love it!
- 6. PACK FOOD IN REUSABLE CONTAINERS.** Bring reusable containers to restaurants to take home your leftovers. Ask the butcher or deli server at your grocery store to package your food in your reusable container. Use them to pack your lunch, and don't forget to carry along [reusable utensils](#). We love these containers from [LunchBots](#) and [Life Without Plastic](#).
- 7. CHOOSE MILK IN RETURNABLE GLASS BOTTLES.** Many communities have local dairies that provide milk in returnable glass bottles rather than plastic or plastic-coated cardboard. All cardboard milk containers are coated inside and out with plastic, not wax. Check out local dairies in your area to see if this is offered, or ask them to start a co-op.
- 8. USE BAR SOAP AND SHAMPOO.** Make the change from liquid to bar! Try [Lush shampoo bar](#), [Chagrin Valley shampoo bars](#), [Burt's Bees](#), or [J.R. Liggett's Old Fashioned shampoo bar](#).
- 9. CHOOSE LOTIONS AND LIP BALMS IN PLASTIC-FREE CONTAINERS.** [Organic Essence](#) is packaging its body lotions in compostable cardboard jars and its lip balms in ingenious cardboard tubes that squeeze from the end. There are also lotion bars and lip balms and glosses that come in glass or metal containers. Or you can even [make your own products](#).
- 10. MAKE SURE YOUR PERSONAL CARE PRODUCTS ARE PHTHALATE-FREE.** Phthalates, which are plasticizers, have become standard as additives to scented products because they help fragrances last longer. But research has shown reasons to be concerned about [the impact of phthalates on our health](#) . Use [this list](#) to find phthalate-free products.