

## How to Live a Plastic-Free Life

1. Carry reusable shopping bags.
2. Give up bottled water.
3. Carry your own containers for take-out food and leftovers.
4. Carry a stainless steel travel mug or water bottle at all times for coffee and other drinks while out in the world.
5. Carry reusable utensils and glass drinking straws..
6. When ordering pizza, say no to the little plastic “table” in the middle of the pizza box.
7. Treat yourself to an ice cream cone.
8. Cut out sodas, juices, and other plastic-bottled beverages.
9. Let go of frozen convenience foods.
10. Say no to plastic produce bags.
11. Shop your local farmers market.
12. Return containers for berries, cherry tomatoes, and other small fruits and vegetables to the farmers market to be reused.
13. Bring your own container for meat and prepared foods.
14. Buy fresh bread that comes in either paper bags or no bags.
15. Choose milk in returnable glass bottles.
16. Buy large wheels of unwrapped cheese.
17. Choose wine bottled in glass with natural cork stoppers.
18. Learn to love the bulk bins.
19. Choose plastic-free chewing gum.
20. Clean with vinegar and water.
21. Baking soda is a fantastic scouring powder.
22. Use powdered dishwasher detergent in a cardboard box.
23. Hand wash dishes without plastic.
24. Use natural cleaning cloths and scrubbers instead of plastic scrubbers and synthetic sponges.
25. Wash clothes with homemade laundry soap and stain removers.
26. If you already own a Swiffer mop, try switching to a reusable pad.
27. Use natural rubber gloves.
28. Check labels of personal care products!
29. Switch to bar soap instead of liquid soap.
30. Give up shampoo in plastic bottles.
31. Try hair salves and pomades in metal tins or glass jars.
32. Color hair with henna purchased without plastic packaging.
33. Baking soda is the best deodorant EVER.
34. Try solid shave soap instead of canned shave cream.
35. Choose lotions and lip balms in plastic-free containers.
36. Switch from a plastic razor to a second-hand safety razor.
37. Reconsider how you clean your teeth.
38. Coconut oil is great for grown-ups.
39. Choose toilet paper that’s not wrapped in plastic.
40. Use plastic-free feminine hygiene products.
41. Look into plastic-free sunscreen options.
42. Explore plastic-free hair accessories and tools.
43. Keep your own reusable foodware at the office.
44. Carry lunches in reusable stainless containers or cloth bags.

45. Choose reusable cloth sandwich/snack bags over plastic baggies.
46. Choose glass or stainless steel food storage containers and reuse what you already have.
47. Try natural beeswax coated cloth wraps instead of plastic cling film.
48. Choose a glass blender.
49. Spin salad without plastic.
50. Learn to preserve foods without plastic.
51. Avoid non-stick cookware.
52. Choose stainless steel ice cube trays and Popsicle molds.
53. Don't buy water filter cartridges unless necessary.
54. Make your own homemade yogurt without a yogurt maker!
55. Make your own soy or nut milk.
56. Make your own condiments.
57. Make your own snacks and energy bars.
58. Acquire necessary plastic items used instead of new.
59. Repair things when they break.
60. Make your own glue.
61. Avoid disposable plastic pens.
62. Compost food waste to avoid plastic garbage bags (and keep organics out of the landfill.)
63. Choose natural cat litter.
64. Choose pet toys and furniture made from natural materials instead of plastic.
65. Avoid feeding pets from plastic bowls.
66. Buy secondhand pet supplies instead of new.
67. Learn to make homemade pet food without plastic.
68. When traveling, bring your own water bottle, even on the plane!
69. Bring your own snacks on the plane, too.
70. Bring your own utensils on the road and in the air.
71. Bring your own travel mug.
72. Don't forget your headphones.
73. Bring your own personal care products.
74. Refuse the mini bar.
75. Choose plastic-free camping equipment.
76. Find Do-It-Yourself alternatives for over-the-counter remedies.
77. Use a handkerchief instead of paper tissue.
78. Avoid buying new plastic clothing.
79. Shop thrift stores.
80. Make your own clothes.
81. Look for plastic-free shoes.
82. Alter and modify old clothes into new.
83. Bring your own beverage container to parties and events.
84. Throw a zero waste party.
85. Re-think your Christmas tree.
86. Skip holiday plastic tchotchkes .
87. Learn strategies for green gift giving.
88. Consider giving charitable gift cards.
89. Request plastic-free gifts for yourself.
90. Find ways to wrap gifts without plastic tape.

91. Request zero plastic packaging when ordering online.
92. Get off mailing lists to avoid plastic envelope windows.
93. Look for second-hand electronics, games, and toys first.
94. Choose refurbished equipment from certified “e-stewards.”
95. Take care of what you already have.
96. Avoid buying new CDs and DVDs.
97. Learn to recycle old disks.
98. Choose healthier electronics.
99. Find DIY solutions for techno needs.
100. Avoid the worst types of plastic