

Tips for Reducing Single-Use Plastic



- ◆ Use an old foam pump bottle for hand soap and refill with 1/4 to 1/3 cup liquid castile soap and fill with tap water.
- ◆ Use baking soda to clean the toilets – septic tank will be happier too!
- ◆ Microfiber towels or better yet cotton towels with water to clean windows and use a buffing cloth to dry. Leaves them streak free and no chemicals needed. However, research which microfiber brands shed plastic. Cotton is better for the environment.
- ◆ Clean hardwood floors with vinegar water and a few drops of an antibacterial essential oil. Peppermint, Lemon, Lemongrass, Eucalyptus, Lavender and Cedar Wood have antibacterial qualities.
- ◆ For marble or granite surfaces do not use anything that is acidic as it might etch over time. Use soap and water, rubbing alcohol or baking soda.
- ◆ Purchase silicone reusable storage bags.
- ◆ Make or buy “Bee’s Wrap” which is fabric that has been waxed with bees wax. You can buy these to wrap sandwiches in or bags for homemade cookies and bread.
- ◆ Silicone lids for storing a sliced avocado, onion, apple or anything that you would normally put in a plastic bag after you use part of it.
- ◆ Plastic utensils can exfoliate small pieces of plastic that get in your food or into our water. Use bamboo, wooden, or silicone that is food safe or medical grade.
- ◆ Always choose a reputable brand of silicone as cheaper brands can contain toxic substances and will degrade or melt.