

~ REDUCING PLASTIC POLLUTION



What We Can Do As A Family!

- 1) **Wean yourself off disposable plastics:**
 - grocery bags** - Buy or make your own cloth bags, and keep in the car!
Forgot your cloth bag? Ask for a paper bag, or take groceries to the car & bag there.
 - produce bags** - Buy or make mesh bags for veggies and fruit in the store.
 - plastic straws** - Tell the waitperson that you don't use plastic straws and just sip, or bring your own reusable straw.
 - plastic silverware** - Picnicking? Pack up your silverware and bring it home to wash.
Ordering To Go? Tell the order person "No silverware please" and use your own.
 - doggy bag?** Keep a bag of reusable containers in the car, and bring it into the restaurant.
- 2) **Drink Tap Water:** Fill and bring a reusable bottle with you vs drinking purchased water from plastic bottles
- 3) **Boycott microbeads:** Facial scrubs, toothpaste, body washes often contain little plastic scrubbers. Check the ingredients list for natural exfoliants like oatmeal and salt. Upload the Beat the Microbead app.
- 4) **Check out secondhand:** Local thrift shops, online postings and neighborhood garage sales often offer gently used toys and more.
- 5) **Buy the larger container:** Consider the packaging to product ratio and get the larger container and just refill the smaller one at home or at a refill store (see Resource list below)
- 6) **Support a plastic bag ban:** Urge our elected officials to follow the lead of those in San Francisco, Chicago and our neighbor Maine, by introducing or supporting legislation that would make plastic-bag use less desirable and make the plastic producer responsible for the clean-up. <https://www.plasticbaglaws.org/>
- 7) **Check out the library's collection** of plastic pollution books for more ideas!

Green Your Halloween!

- 1) **Decorating?** Make your own - cardboard box tombstones, pipe cleaner creepy crawlies, tissue paper pompom jack-o-lanterns, use your imagination!
Get pumpkins and gourds from local farmers, farmers markets or a store.
- 2) **Costumes?** Make your own, look in thrift shops for ideas, or check online for eco-friendly homemade. * Many store-bought costumes and masks are made of PVC or vinyl. *
- 3) **Treats:** Offer treats that need no plastic packaging:
crayons, colored pencils, Halloween pencils, little coloring or game books, fun erasers, sidewalk chalk

Resources: <https://www.nrdc.org/stories/10-ways-reduce-plastic-pollution>
<https://www.nrdc.org/stories/green-your-halloween>
<https://www.greenpeace.org/usa/oceans/preventing-plastic-pollution/>

<https://www.wri.org/insights/4-ways-reduce-plastic-pollution>

<https://www.wefillgoodseacoast.com/> - a local refill store with minimally packaged