

10 SIMPLE WAYS TO REDUCE YOUR PLASTIC WASTE



ONE

Avoid disposable cups and drinks in plastic bottles

Carry a reusable travel mug or water bottle with you on any outing for your hydration needs



TWO

Bring your own reusable bags

Most plastic bags are used for minutes before being discarded, ending up in landfills, or blown into streams and rivers where they travel to the ocean and are eaten by sea life. End this harmful cycle by bringing a reusable bag with you when you go to the store

THREE

Buy in bulk to minimize or eliminate packaging

This goes for food and drink packaging as well as cleaning supplies, toiletries, hardware items – anything that may come packed in plastic. Bonus: the products are usually cheaper and of better quality

FOUR

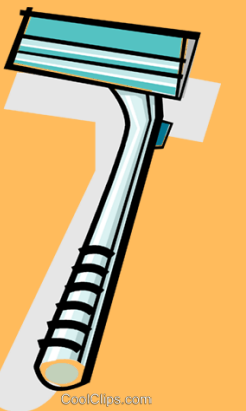
Use non-plastic reusable containers for food

This works for lunches, leftovers, freezing, storage, take-out, and travelling. Tip: Keep a reusable container in your car that you can use for take-out or leftovers. Take a container when you buy meat, fish or cheese

FIVE

Use a razor with removable blades

Disposable razors are one of the biggest contributors to plastic waste. Next time buy a razor with replaceable blades as a cheaper and ecofriendly alternative



SIX

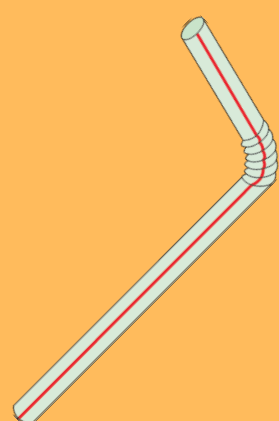
Check the labels of toiletries

Did you know some facial scrubs & hygiene products contain tiny plastic beads that can be very harmful to marine life once they are washed off of you and out into the ocean? To avoid this, stay away from anything with “polyethylene” listed as an ingredient

SEVEN

Eliminate plastic straws

Say “I do not need a straw” when ordering a drink at a restaurant or invest in a reusable straw to bring with you when you are craving an iced drink



EIGHT

Use bar soap instead of liquid soap

This one is pretty easy and bar soap won't cost you any more than soap that comes from a bottle. Also, next time you are at the store check out new shampoo bars



NINE

Carry your own non-plastic cutlery

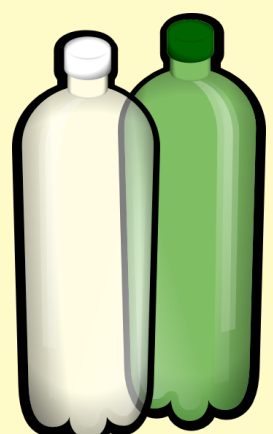
Plastic disposable cutlery and straws are among the worst plastic pollution culprits. Get in the habit of carrying your own cutlery with you and leaving a set in the car



TEN

Make your voice heard!

Share what you are doing with friends, family and community. Reach out to your elected officials and ask them to support legislation to reduce plastic waste



To learn more about how you can reduce your plastic use and support this issue go to environmentoregon.org

