

AVOIDING MICROPLASTICS 101



Looking for ways to avoid products containing microplastics? New to the topic of microplastics? Have no fear! Here's our beginner's guide to making simple changes for healthier choices in everyday items!

Try these suggestions...

food storage



Glass and ceramic food storage is bulkier than plastic, but definitely the way to go if you have the space! Alternatively, use a glass dish when heating up leftovers in the microwave or choose to use the oven.

drinkware

Ditch the plastic cups and water bottles and switch over to glass, ceramics, and/or metal - **ESPECIALLY** when drinking hot drinks.



coffee maker



Since most at-home coffee makers contain plastics, try out a pour-over system or stove-top percolator! At the office, opt for the single serve coffee filter or individual coffee bags instead of k-cups.

clothing and home goods

When purchasing clothing, look for fabrics like organic cotton and linen. Most people don't realize that this is also pertains to your bedding and home linens!



BONUS ROUND

For the over achievers out there, here are additional items that should be made of natural materials and fibers like stainless steel, wood, etc:

- Eating & cooking utensils
- Straws (particularly in hot liquids)
- Cutting boards
- Toothbrush

