

Plastic Usage

Audit

Single-use plastic items	Number used per month	Number used per year	Alternatives
Bags, food storage/pet waste and cling film			Rinse/reuse milk, bread, frozen fruit bags and cereal box liners Reusable containers Reusable bowl covers Foil
Bags, milk			Cardboard cartons, recyclable plastic jugs
Bags, shopping/produce			Reusable bags (buy used ones from a thrift store; make produce bags from lace curtains/tablecloths)
Balloons, mylar/plastic balloon sticks, other plastic party decorations/favours			Recyclable/reusable party decorations/favours
Beverage lids			Refuse Reusable cup
Beverage stirrers/straws			Wood stirrers Plastic/metal straws Refuse
Bottles (water, pop, energy drinks)			Stick to tap water/use reusable bottle Canned beverages
Chewing gum, made with synthetic materials			Refuse Natural gum
Craft materials, plastic/foam, glitter			Natural/paper/cardboard-based craft materials
Dental floss, flossers, and picks			Silk floss Wood picks
Diapers, disposable			Reusable cloth
Dishes, disposable plastic/styrofoam (plates, bowls, cups, cutlery)			Paper or other natural fibre Reusable ceramic, metal (reusable plastic is better than disposable but still try to avoid)

			Wood disposable cutlery
Egg cartons, plastic/styrofoam			Recyclable paper-based cartons
Frozen convenience foods with plastic packaging			Make/freeze your own in reusable containers
Gift wrap, ribbon, bows (synthetic)			Paper wrap Brown paper bags Cloth gift bags Furoshiki (cloth) giftwrap Natural fibre decorations
Personal care items — single-use shampoo bottles, single-use synthetic personal wipes, swabs with plastic sticks, face scrubs with plastic beads, plastic tampon applicators, etc.)			BYOB when travelling Washable/reusable rags Face cloths Cloth handkerchiefs Tissues All-natural swabs Natural exfoliants Cardboard tampon applicators/menstrual cup
Pods, coffee/hot beverage			Reusable pod Switch to French press (zero waste)
Pods, dish and laundry detergent (have part-plastic coating)			Powder in a cardboard box, liquid in a cardboard jug, soap nuts, homemade
Six-pack rings			Refuse
Snack wrappers (single-serving chips, chocolate bars, hard candy, cookies)			Buy in bulk Use reusable snack containers
Packing material — plastic mailers, styrofoam/bubble wrap, plastic packing tape			Paper/cardboard mailers Reuse existing plastic mailers Textured paper wraps Rinsed/crumpled bread, cereal, other reused plastic bags Paper-based tape
Takeout containers (hard plastic, bioplastic, styrofoam)			Cardboard Other wood fibre/certified compostable material (not bioplastic!)
Trash bags			Reuse other plastic bags

			Pour trash directly into bin (unless likely to fly away)
Wipes, household cleaning, synthetic disposable (including Swiffer pads)			Natural fibre wipes Washable/reusable rags Face cloths Paper towels Reusable Swiffer pads Broom/mop
<u>Short-term</u> plastic-use items			
Dishwasher/laundry detergent jugs, plastic			Cardboard jugs Powdered soap (comes in cardboard) Soap nuts
Liquid soap in small dispensers			Refill from large jugs Homemade liquid soap Bar soap
Pens, nonrefillable			Refillable pens Pencils
Razors, disposable			Refillable razors Recycled plastic razors
Sponges, synthetic			Natural sponges Swedish dishcloths Natural fibre scrubbers
Shower curtain, cheap vinyl			High-quality plastic Cotton canvas or other natural fibre Glass shower screen
Toothbrushes, plastic			Bamboo (read reviews; not all are as green as claimed)