

WEEK 3: PLASTIC IN THE KITCHEN



COOKING CAN BE HARD.

*And, unfortunately,
avoiding plastic in
the kitchen is even
harder.*

*Here are some tips for how
to steer clear of kitchen
plastics.*

- 1.** Avoid single-use plastic bags and rely on reusable shopping bags and containers instead. Invest in reusable produce bags.
- 2.** Change the way you clean. Ditch plastic wipes for cloths and try making your own chemical-free cleaners.
- 3.** Buy in bulk (coffee, spices, flour, you name it!) Remember to bring jars and containers with you!
- 4.** Make your own snacks to avoid all those wrappers.

HOW CAN I EARN NEGATIVE POINTS THIS WEEK?

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- If you can't avoid plastic, recycle!
- Invest in reusable produce bags and containers
- Buy reusable or organic cling wrap rather than plastic wrap
- Get creative when storing food. Ex: leafy greens can be soaked and stored in a damp canvas bag and then sit in the fridge without a container!
- Purchase reusable dishes, placemats, napkins, etc.
- Avoid over-purchasing
- Compost your organic waste
- Grow or make your own food, spices, mixes, etc.
- Teach your roommates or families how they can do better with kitchen plastics
- Other ideas? Let us know!

You are halfway done, keep it up!
Please reach out to Meredith Moore and Emily Dickett at iseesustainabilitychallenge@gmail.com with questions, stories, or feedback!

Submit your Week 3 Form and Grid by 3/22.

