

Week 3: Cutting Down on Plastic Around Your Home



Plastic is everywhere in our homes. How can it be reduced?

Reducing plastic in the kitchen: Choose to buy unpackaged produce when available and snacks packaged in bulk rather than individually. Instead of storing food in Ziploc bags, reuse old jars.

Reducing plastic in the bathroom: Cleaning products are wrapped in plastic and full of harmful chemicals, while common household items will do the trick. Baking soda and vinegar work wonders to clean your toilet and drains. Even better, baking soda is often packaged in cardboard!

Reducing plastic in the laundry room: Did you know that each time you run a load of laundry, microplastics shed from synthetic materials such as polyester, rayon and spandex and pollute our water? If your clothes aren't stained and don't smell, rewear them before washing to reduce the opportunities for microplastics to be released.

How can I earn positive points this week?

- Refuse overpackaged goods such as food products with multiple layers of plastic packaging and buy foods with less packaging instead.
- Skip buying new cleaning products and make your own instead!
- Rewear clothes before washing to prevent microplastics from shedding into the water.
- Reuse old food containers for food storage before recycling them, such as pasta sauce or salsa jars.
- Pick up trash as you walk around to beautify your community.
- Spread the word! If you learned something new about plastic waste, tell a friend or family member!



Thank you you for keeping up with the Plastic Reduction Challenge. We hope that Week 3 has gone well and that you're looking forward to the last week of the challenge!

Reach out to iseesustainabilitychallenge@gmail.com with questions, stories, or feedback!

Please submit your Week 3 Form by 10/24.