



What are single use plastics and what are the alternatives?

Plastic straws	Reusable straws, paper straws or go without
Beverage bottles	Reusable bottles
Disposable coffee cups/lids	Reusable thermal mugs
Plastic bags	Reusable shopping bags
Produce bags	Buy loose produce
Take out containers	Use jars, ask for compostable take out containers
Plastic wrap and baggies	Reusable containers
Plastic cutlery	Bring reusable cutlery with you
Styrofoam	Just say no
Individually wrapped foods like granola bars or chips	Make your own, purchase local goods
Bottle or can plastic rings	Buy loose products
Bread bags	Buy local products
Tetra packs	Purchase canned goods instead

Where to find alternatives?

Farmers markets

Most local producers don't need to transport their products over long distances. Shop at your farmers market to not only find food products without plastic wrapping, but you can reduce food miles too!

Local vendors

Smaller vendors often have loose products without excess plastic packaging. For example, your local butcher shop. It's easy to ask for your meat in paper or wax.

Speciality Stores

Find a store near you or shop online to find reusable products like stainless steel drinking straws and tiffin food containers.