

Small steps toward embracing a reduced plastic lifestyle!

We know it can be overwhelming to change multiple habits at the same time, especially when it comes to reducing our plastic consumption. That's why we are encouraging *one change per month* on items that many of us purchase and use that involve plastic.

<p>September</p> <p>Cool off with your favorite iced drink and be sure to use an eco-friendly straw. Then take a selfie and post it using the hashtag:</p> <p>#ecostrawseptember</p> <p>Great alternatives to the plastic straw exist, including stainless steel, bamboo, and compostable paper.</p>	<p>October</p> <p>At many grocery stores, you may end up paying \$0.10/paper bag. Try using canvas or reusable bags every time you go shopping.</p> <p><i>Halloween challenge:</i> opt for non-plastic-wrapped candy, like wax-wrapped, paper-wrapped or boxed options.</p>	<p>November</p> <p>Household paper products like paper towels and toilet paper often come wrapped in plastic. Consider ordering toilet paper from Who Gives A Crap, where the rolls are wrapped in paper and they donate to building toilets in communities that lack access.</p> <p>us.whogivesacrap.org</p>	<p>December</p> <p>When wrapping gifts, try plastic-free options to wrapping paper and tape, like butcher paper or newspaper and twine. Cloth like scarves and napkins work well too.</p> <p><i>Bonus challenge:</i> Consider giving experiences or services (event tickets, help with a project) as gifts!</p>
<p>January</p> <p>Start the new year by swapping out your traditional plastic toothbrush with a metal or wooden one. Brush with Bamboo makes a plant-based toothbrush, and even the box it comes in is made from plants!</p> <p>brushwithbamboo.com</p>	<p>February</p> <p>There are reusable and recyclable alternatives to plastic wrap and ziploc bags. Try aluminum foil, silicone sealable bags, bee's wax wrap or even tupperware containers to store and/or transport food without plastic.</p>	<p>March</p> <p>Explore plastic-free alternatives to common household items like dish soap, laundry detergent and toothpaste. Fillgood.co has a store in Albany, CA where you can bring in your own jars to fill with liquid soaps. You can also order plastic-free items on their website.</p>	<p>April</p> <p>Instead of buying pre-packaged fruits or veggies in plastic containers or wrapped in plastic wrap, consider reusable produce bags (often with drawstrings to prevent produce escapes) to take home the perfect produce plastic-free.</p>
<p>May</p> <p>A simple switch from using plastic to-go utensils when ordering food can be saying "No, thank you" to provided utensils and keeping a set of reusable utensils in your bag, purse, lunch bag or desk.</p>	<p>June</p> <p>Plastic water bottles create a lot of waste and run the risk of leaching chemicals into the water they hold. Consider buying a BPA-free or metal reusable water bottle.</p>	<p>July</p> <p>Discover what your local farmer's market has to offer. Many farmer's markets do accept EBT cards. Be sure to bring bags from home to transport your locally grown goodies!</p>	<p>August</p> <p>Ditch plastic spray bottles of household cleaners for tried-and-true white vinegar and baking soda. If you still like the convenience of a spray bottle, simply fill an empty spray bottle with white vinegar.</p>



We would love to hear from you! Share your challenges, progress and plastic-free suggestions with us!
Email us at education@thewatershedproject.org

The Watershed Project's mission is to inspire Bay Area communities to understand, appreciate and protect our local watersheds.
www.thewatershedproject.org