ways to reduce waste at home: avoid single use plastic

The environmental costs of single use plastic are devastating, especially when we consider the short lifetime of use for these products. Since the 1950s, 8.3 billion metric tons of plastic have been produced worldwide, with the more recent years accounting for about 300 million tons of plastic annually. Still, off this massive amount, only about 9% gets properly recycled. The rest typically takes up space in landfills, pollutes our environment, or simply gets shipped to other countries for them to handle. At this pace, the amount of plastic pollution in the ocean over next 10 years will double and eventually by 2050, outweigh fish. Clearly our habits have to change as this rate is not sustainable and will continue to cause irreversible harm to our planet.

Here's how you can help:

▸ reusable straws, water bottles, thermos

▸ beeswax wraps - avoid ziploc bags

▸ buy in bulk

▸ thoroughly wash plastics before recycling

▸ avoid plastic utensils

▸ cloth diapers

▸ reuse takeout containers, mason jars, etc

▸ avoid individually wrapped items

▸ reusable bags

▸ avoid face washes, toothpaste, gum, & other products that contain micro plastic beads

▸ check out the resources below

▸ always remember recycling is the third R for a reason - reduce & reuse first!

check out these links for even more plastic-free alternatives:

https://packagefreeshop.com/

https://www.grove.co/home/

sources: https://www.nrdc.org/stories/single-use-plastics-101

https://www.nytimes.com/2018/05/29/climate/recycling-landfills-plastic-papers.html

https://www.twowanderingsoles.com/blog/simple-ways-to-reduce-plastic-use

http://www.greeneducationfoundation.org/nationalgreenweeksub/waste-reduction-tips/tips-to-use-less-plastic.html

https://www.treehugger.com/easy-ways-reduce-your-plastic-waste-today-4858814

images: https://jojotastic.com/2019/05/29/beeswax-wraps-diy/

https://www.forbes.com/sites/ariellasimke/2020/01/27/a-new-bioplastic-made-from-fish-waste-is-here/?sh=24530c72349d