

21 Items That Will Help You Take Care of the Planet and Create Less Waste

Instead of

Use

| | |
|---|--|
| Plastic, disposable water bottle..... | Reusable water bottle (ideally stainless steel or glass) |
| To go cup for hot beverage | Travel mug or tumbler |
| To go cup for cold beverages..... | Reusable water bottle or tumbler |
| Disposable plate | Corelle dinner ware |
| Plastic cutlery | Reusable bamboo cutlery or silverware |
| Paper napkins | Cloth napkins (make them from a t-shirt) |
| Plastic straw | Reusable glass or stainless steel straw |
| Paper tissue | Handkerchief |
| Plastic or paper shopping bag | Reusable bag (made of cotton/recycled materials) |
| Plastic produce bag..... | Reusable produce bag |
| Liquid soap in a plastic container..... | Bulk bar soap without a wrapper |
| Shampoo in a bottle..... | Bar shampoo |
| Disposable razor | Reusable razor |
| Plastic toothbrush | Bamboo toothbrush |
| Paper towels | Rags or Dragon Towels |
| Plastic sandwich bags | LunchSkins and LunchBots |
| Plastic Wrap | Beeswrap |
| Gift wrap | Socks, scarves , and other fabric |
| Plastic bows | Fresh flowers, plants, or herbs |
| Plastic drycleaning bags | The Green Garmento |
| Wet Wipes | Damp washcloth soaked in castile soap packed in a LunchSkin |