

## Plastic-Free Living

### Why we care

Plastic packaging and storage containers are the norm in today's shops and households. They are ubiquitous and convenient. But many of the components of plastic are toxic. These toxins are emitted into the air and water during the manufacturing process and can leach into food during storage or heating in the microwave. Most plastics don't get recycled, and instead of biodegrading in the environment, they break into smaller and smaller pieces over time. This plastic ends up in our oceans, gathering in massive islands of floating debris. Fortunately, we can easily cut down on the use of plastic in our everyday lives and, in turn, keep it out of the environment.

### Simple, positive steps

- Avoid plastic packaging by purchasing fresh vegetables and dry foods in bulk, taking your own bags.
- Cook at home, or choose restaurants that use durable ware.
- Drink tap water from a stainless steel water bottle.
- Store food in glass or ceramic.
- Avoid take-out food, use [Go Box](#), or carry your own washable containers and utensils.
- Avoid purchasing products that come in plastic boxes or blister packs. When you don't have a choice, leave the packaging in the store and communicate to the sales clerk why you are doing so.
- Purchase meat and fish at a meat counter and ask that it be wrapped in paper.
- Choose apparel made of natural fibers, and for accessories, choose leather over vinyl.
- In your home, choose natural materials, such as solid wood, metal, ceramic, and latex foam.

*Questions or feedback? Contact Jeanne Roy at [jeanne@earthleaders.org](mailto:jeanne@earthleaders.org).*