



Tips from HEAT on how to reduce plastic reliance

- Always pack a reusable bag when shopping.
- Purchase and use a reusable water bottle.
- When ordering take out, ask for utensils not to be included or refuse them at the restaurant. Use reusable flatware at home.
- Buy a metal or reusable straw and pack it and reusable cutlery for eating on the go.
- Take a reusable container to restaurants for leftovers.
- Avoid plastic wrap by storing food in reusable containers.
- Replace plastic sandwich bags with reusable containers, fabric sandwich pouches, or beeswax wraps.
- Steer clear of gum made from the plastic polymer polyvinyl acetate.
- Swap out bottles of shampoo and body wash for bars.
- Talk to the owners of restaurants you frequent about non-plastic take-out containers.
- Be aware of clothing made with plastics.
- Compost food waste to reduce plastic trash bag usage.
- Ask your local coffee shop to fill a reusable cup.
- Buy in bulk when possible to reduce packaging.
- Support farmers markets or grocery stores that use minimal packaging. Leave a friendly suggestion at plastic heavy stores.
- Ask contractors about plastic-free or eco-friendly materials.
- For smokers, if stopping is not an option, discard cigarette filters properly and use a refillable lighter.
- Let companies that make your favorite products know that you care about the packaging. Tweet, call, or send letters to these companies to ask them to switch to more durable, recyclable, compostable, renewable, and/or recycled-content packaging with less fossil fuel-derived plastic.
- Speak out in support of local plastic bans, whether by calling your local government representative, submitting an op-ed to your city's newspaper, or simply starting conversations with family, friends, and neighbors.