

Actions We Can Take

1. Pledge to stop using balloons and single use plastic – take out containers, utensils, straws, Styrofoam, cups. Sign the pledge on www.mankatozerowaste.com
2. Take reusable bags and containers to the store. Buy in bulk. Use compostable bags and containers instead of plastic. Fill reusable containers with personal care products.
5. Buy food in glass instead of plastic.
6. Avoid products that have polypropylene and polyethylene
7. Buy products with sustainable materials such as 100% cotton clothing, not polyester.
7. Buy a Cora Ball or filter for your washing machine to catch polyester fibers.
8. Recycle plastics in your residential recycling and grocery bags in the store's bag recycling bin.
10. Buy air filters for your home (small particle size) and water filters for your faucet.
11. Dust and vacuum frequently – kitchens and bathrooms have the most microplastics.
12. Avoid these Chemicals in cosmetics: triclosan,, dibutyl, phthalate, , EDC,DBP, parabens such as methyl, ethyl, propyl, isopropyl, butyl and isobutyl parabens, benzophenone-3

WEBSITES:

www.mankatozerowaste.com

www.breakfreefromplastic.org www.beyondplastics.org

<https://www.breakfreefromplastic.org/toolkits/brand-audit/>
www.blueearthproject.org

<https://balloonsblow.org/environmentally-friendly-alternatives/>