

ACTIONS YOU CAN TAKE - PERSONAL

Rethink, Refuse, Reduce, Reuse, Recycle

1. Pledge to stop using balloons and single use plastic/ Styrofoam take out containers, utensils, straws, cups.
2. Take reusable bags and containers to the store.
3. Buy and use reusable or compostable over disposable items i.e. real silverware instead of disposable, cloth napkins over paper napkins, compostable products over throw away or plastic, recyclable products (glass, paper, metal), compostable bags and containers over plastic.
4. Buy personal care products in refillable containers.
5. Use compostable bags for trash rather than plastic bags.
6. Recycle and compost to reduce trash for things you can't give away.
7. Take reusable containers for your left overs at restaurants.
8. Tell restaurants and businesses no thank you to straws, plastic bags, utensils and other giveaways you don't need.
9. Bring your own cup to work or coffee shop instead of using a disposable cup.
10. Buy food in glass instead of plastic. Buy in bulk.
11. Borrow, rent or share items like party decorations, tools, baby clothes, books.
12. Repair products rather than throw them away and buy new.
13. Buy products to last even if they cost a little more than low quality products that wear out quickly.
14. Donate belongings or left-over food to nonprofits like the food shelf, church, thrift store, community center, school. The Good Samaritan Law exempts you from liability if you give left-over food to nonprofits like CADA or the Salvation Arm

15. Avoid personal care products that have polypropylene, polyethylene, parabens and phthalates.
 16. Buy products with sustainable materials such as 100% cotton clothing, not polyester.
 17. Buy a cora ball or filter for your washing machine to catch polyester fibers.
 18. Recycle plastic bags, bubble wrap, film packaging, etc. in the Trex recycling bin at grocery stores. Visit <https://recycle.trex.com/> to see what is recyclable.
 19. Buy air filters for your home (small particle size) and water filters for your faucet.
 20. Dust and vacuum frequently – Kitchens and bathrooms have the most microplastics.
 21. Sign up to use the organics recycling dumpsters on www.mankatozerowaste.com
 22. Avoid these cosmetic Chemicals: triclosan,, dibutyl, phthalate, , EDC,DBP, parabens such as methyl, ethyl, propyl, isopropyl, butyl and isobutyl parabens, benzophenone-3, polyethylene glycol, formaldehyde, sodium lauryl sulfate, BHA, BHT, MEA, DEA, TEA, ethanolamine, hydroquinone, methylisothiazolinone, toluene, octinoxate, methylchloroisothiazolinone, benzalkonium chloride, oxybenzone and avobenzone
- www.beyondplastics.org, www.mankatozerowaste.com, www.breakfreefromplastic.org,
<https://balloonsblow.org/environmentally-friendly-alternatives/>