

Reducing Plastic Waste

What Individuals can do to Reduce Plastic Waste

Sign-up for the ACTT Zero Waste email list. Get notices of our meetings and reports on our activities. Join us at our next meeting!

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BYOB - Bring Your Own Bag: Bring your own reusable bags to the grocery store and for all other shopping. Refuse plastic bags whenever possible.

Bring Your Own Mug: Bring your own coffee thermos or coffee mug when buying coffee at your favorite coffee shop or convenience store.

Bring Your Own Water Bottle: Avoid buying single use bottled water. If your tap water isn't good, consider a filter. The Berkey filter, for example, has no plastic parts and saves about \$2,000 over 5 years compared to buying bottled water.

Garden and/or Shop at Local Farms, Farmers' Markets, MDI Farm Drop: Support local agriculture and reduce plastic waste. Try placing an order at <https://mdi.farmdrop.us> – MDI's online farmers' market.

Bring your own Container for leftovers when you go out to eat. When ordering take-out, let the vendor know you don't need plastic utensils or a plastic bag. If you bring your lunch to work, have your own utensils.

Speak up: Contact companies and local businesses about excessive plastic packaging.

Find alternatives to plastic products and packaging. Lots of great ideas at: <https://myplasticfreelife.com/>