



# Saying no to plastics

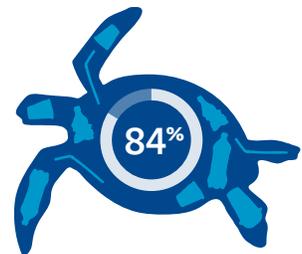
Single-use plastics hurt animals and the environment. Here are some alternatives.

**AT HOME:** Take stock of the single-use plastics you rely on—then replace them with more sustainable options. If it's overwhelming, start with one room at a time.

- Switch to reusable bottles for water and tumblers for your coffee. (Some cafés will give you a discount for using one!)
- Use products like the Guppyfriend or Cora Ball when doing laundry to catch the tiny, non-biodegradable fibers that come loose from polyester clothing during the washing cycle, preventing them from entering waterways.
- Opt for bars of (cruelty-free!) shampoo, conditioner and soap rather than liquids packaged in plastic.

- Stash stainless steel straws and a set of bamboo or metal cutlery in your car or bag to avoid plastic versions while on the go.
- Look for alternatives to plastic shopping bags (canvas or string), produce bags (cotton or nylon) and sandwich bags (silicone or nylon-lined fabric). Buy in bulk (using glass jars) when possible.

One study found that **84%** of the microplastics found in 410 stranded animals' guts were fibers.



**IN THE WORKPLACE:** As you reduce single-use plastics in your household, politely ask for change at the places you spend (and earn!) your money.

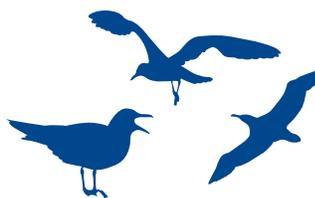


One garbage truck of plastic is dumped into the ocean every minute.

- Ask your office manager to replace plastic coffee stirrers with wooden ones in break rooms and switch from plastic cutlery, cups and plates to reusable tableware that employees share and wash themselves. (Or encourage coworkers to bring their own sets!)
- Write to your local supermarket and favorite brands, encouraging them to seek alternatives to plastic packaging. Include specific examples, such as phasing out veggies wrapped in plastic.
- Request that restaurants and bars provide straws only on request.

**IN THE COMMUNITY:** Spread the word and get your neighbors involved. Legislation is a powerful way to encourage change, so start talking to your state and local lawmakers!

- Suggest wildlife-friendly alternatives to balloon releases: Plant a tree, fly kites or hang bunting instead. (Get more ideas at [balloonsblow.org](http://balloonsblow.org).) Post on community social media pages to share your suggestions!
- Tell your lawmakers you support bans on single-use plastics, such as Styrofoam packaging, plastic bags and more. (Find your legislators at [humanesociety.org/leglookup](http://humanesociety.org/leglookup).)



By 2050, plastic will be found in the digestive tracts of **99%** of all seabird species (and 95% of the individuals within those species).