



# HOW TO QUIT PLASTICS WORKBOOK







# TOP 20 PLASTIC ITEMS AND ALTERNATIVES

## BATHROOM



ITEM	ALTERNATIVES
Floss	Look for compostable floss over plastic
Soap bottles	Refill bottles if you have a bulk option, look for soap bars
Shampoo/conditioner bottles	Refill bottles if you have a bulk option, look for shampoo bars (like at Lush)
Plastic razor	Metal safety razor
Toothpaste tubes	Look for toothpaste tablets, tooth powder
Toothbrush	Look for a bamboo toothbrush, refuse plastic brushes at your dentist visits
Cosmetics containers	Look for plastic-free options like at Refill Revolution
Feminine Products	Diva Cup or similar product, reusable cloth pads

## KITCHEN / GROCERIES

ITEM	ALTERNATIVES
Water bottle	BYO when you go out! Buy a charcoal water filter!
Granola bar wrappers	Make your own bars!
Oatmeal canister	Buy oatmeal in bulk, BYO container
Pasta/cereal boxes	Buy dry goods in bulk, BYO container
Nut butter/jelly/applesauce jar	Look for glass over plastic, make your own jar
Chip bags	Look for snacks you can buy in bulk, make your own
Beverage cans/bottles	Bring a growler to buy your kombucha/beer
Shopping bags	Invest in a reusable bag, bring an old plastic bag
Produce bags	Bring a mesh bag, reuse a plastic produce bag
Plastic milk/juice jugs	Look for cartons over plastic, make your own nut milk/juice, look for bottle take-back programs like at Sprouts
Lettuce/greens clamshell container	Buy your greens naked! Put them right into your shopping cart/bag, or bring your reusable produce bag.
Tea bags/coffee pods	Buy coffee and tea in bulk, use a reusable tea steeper
Ziploc bags/saran wrap	Beeswax wraps, reusable cloth sandwich bags



## DAILY LIFE / EATING OUT



ITEM	ALTERNATIVES
Receipts	Refuse receipt if it's an option, plan one big shopping trip instead of many frequent ones
Plastic cutlery	Bring your own silverware from home, or get a reusable travel set (or spork).
Paper napkins	Refuse when dining out, if you need a napkin bring one from home or make one out of a bandana, old shirt, etc.
Take-out containers	BYO container! Order "for here", then put the food from the plate into your own container. Use a Tupperware or large jar from home.
Straws	Refuse straws if you don't need one! There are stainless steel, silicone, and bamboo options to buy.

# MONTHLY TRACKING SHEET

Find one item to focus on in each category that you would like to eliminate or replace with a plastic-free alternative. At the end of the month, mark whether or not you achieved your goal. If you did, it's time to pick a new item to focus on for the next month.

When you move on to a new item, refer back to your original audit or take another look at your bins to decide what you'd like to prioritize!

## SEPTEMBER

### Eating Out

### Grocery Shopping

### Household Items/Daily Life

Item to focus on: \_\_\_\_\_

Item to focus on: \_\_\_\_\_

Item to focus on: \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

Did you do it?! \_\_\_\_\_

Did you do it?! \_\_\_\_\_

Did you do it?! \_\_\_\_\_

### Grocery Shopping

## OCTOBER

### Eating Out

### Household Items/Daily Life

Item to focus on: \_\_\_\_\_

Item to focus on: \_\_\_\_\_

Item to focus on: \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

Did you do it?! \_\_\_\_\_

Did you do it?! \_\_\_\_\_

Did you do it?! \_\_\_\_\_

### Grocery Shopping

## NOVEMBER

### Eating Out

### Household Items/Daily Life

Item to focus on: \_\_\_\_\_

Item to focus on: \_\_\_\_\_

Item to focus on: \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

Did you do it?! \_\_\_\_\_

Did you do it?! \_\_\_\_\_

Did you do it?! \_\_\_\_\_

### Grocery Shopping

## DECEMBER

### Eating Out

### Household Items/Daily Life

Item to focus on: \_\_\_\_\_

Item to focus on: \_\_\_\_\_

Item to focus on: \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

Did you do it?! \_\_\_\_\_

Did you do it?! \_\_\_\_\_

Did you do it?! \_\_\_\_\_

### Grocery Shopping

## JANUARY

### Eating Out

### Household Items/Daily Life

Item to focus on: \_\_\_\_\_

Item to focus on: \_\_\_\_\_

Item to focus on: \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

Did you do it?! \_\_\_\_\_

Did you do it?! \_\_\_\_\_

Did you do it?! \_\_\_\_\_

# FEBRUARY

## Eating Out

Item to focus on: \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

Did you do it?! \_\_\_\_\_

## Household Items/Daily Life

Item to focus on: \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

Did you do it?! \_\_\_\_\_

## Grocery Shopping

Item to focus on: \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

Did you do it?! \_\_\_\_\_

# MARCH

## Eating Out

Item to focus on: \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

Did you do it?! \_\_\_\_\_

## Household Items/Daily Life

Item to focus on: \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

Did you do it?! \_\_\_\_\_

## Grocery Shopping

Item to focus on: \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

Did you do it?! \_\_\_\_\_

# APRIL

## Eating Out

Item to focus on: \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

Did you do it?! \_\_\_\_\_

## Household Items/Daily Life

Item to focus on: \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

Did you do it?! \_\_\_\_\_

## Grocery Shopping

Item to focus on: \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

Did you do it?! \_\_\_\_\_

# MAY

## Eating Out

Item to focus on: \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

Did you do it?! \_\_\_\_\_

## Household Items/Daily Life

Item to focus on: \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

Did you do it?! \_\_\_\_\_

## Grocery Shopping

Item to focus on: \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

Did you do it?! \_\_\_\_\_

# JUNE

## Eating Out

Item to focus on: \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

Did you do it?! \_\_\_\_\_

## Household Items/Daily Life

Item to focus on: \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

Did you do it?! \_\_\_\_\_

## Grocery Shopping

Item to focus on: \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

Did you do it?! \_\_\_\_\_

# JULY

## Eating Out

Item to focus on: \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

Did you do it?! \_\_\_\_\_

## Household Items/Daily Life

Item to focus on: \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

Did you do it?! \_\_\_\_\_

## Grocery Shopping

Item to focus on: \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

Did you do it?! \_\_\_\_\_

# AUGUST

## Eating Out

Item to focus on: \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

Did you do it?! \_\_\_\_\_

## Household Items/Daily Life

Item to focus on: \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

Did you do it?! \_\_\_\_\_

## Grocery Shopping

Item to focus on: \_\_\_\_\_

What will you replace it with? \_\_\_\_\_

Did you do it?! \_\_\_\_\_

# BUILD YOUR ZERO WASTE KIT

## INVEST IN THE BASICS

Start building (and using!) your own Zero Waste on-the-go kit . Many wasteful plastic items come into our lives when we are on-the-go and it's hard to avoid them if we're not prepared with reusable alternatives. Make a kit stocked with reusable options and show disposables who's boss! We recommend including the items below in your Zero Waste on-the-go kit, but feel free to pick and choose:



## REUSABLE TOTES

Keep one in your purse, backpack, car or bike so you always have one on hand.



## REUSABLE, NON-PLASTIC BEVERAGE CONTAINERS

Stainless steel coffee mugs, glass or stainless steel water bottles. Mason jars are affordable and work, too!

## FOOD CONTAINERS

stainless steel or glass food containers for take-out or leftovers when dining out. Mason jars are also a great low-cost option!



## COTTON PRODUCE BAGS

Make your own using old pillow cases, clothes, or scrap fabric. Can't sew? Eco-Bags and Etsy are great sources for cloth produce bags (we especially like sets with the tare weight marked).



## REUSABLE STRAWS

e.g., Bamboo, steel, or glass (and a straw cleaning brush!)



## REUSABLE UTENSILS

there are many non-plastic travel utensil sets available, or you can make your own with metal silverware wrapped in cloth napkins. Keep a few in your kit to share!



## KEEP YOUR ZERO WASTE KIT HANDY

Place your on-the-go kit where you'll use it most. Do you get coffee mid-morning with coworkers? Keep your travel coffee mug at the office! Do you bike to the grocery store? Store your shopping bags in your bike basket! Keeping your reusable supplies conveniently located will help you resist single-use plastic bags, cups, bottles, straws, and utensils.



# LULU'S COCONUT COFFEE SCRUB CUBES

These exfoliating coconut coffee scrub cubes are not only easy to make, but you probably already have the ingredients in your kitchen! Coffee is packed with antioxidants, making it anti-aging and detoxifying. Coconut oil is a great moisturizer with antibacterial properties.

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## Recipe by Lulu's Blog

### *Ingredients*

- 1/2 cup coconut oil
- 1/4 - 1/2 cup freshly ground coffee beans, depending on how much you want to exfoliate (you can use your leftover morning grounds)
- Mini muffin tin (regular size muffin tin will work)

### *Directions*

- Microwave your coconut oil briefly to soften
- Combine coffee grounds and coconut oil, stir well
- Pour mixture into ice cube tray or muffin tin
- Place in the freezer until cubes are hardened
- Pop your cubes out and store in an airtight container in the fridge/freezer
- Several hours before using, take a cube out and let it soften to room temperature, then use it like a pumice stone to exfoliate





# DABBLES AND BABBLES OATMEAL HONEY FACE SCRUB

Oats and honey both have moisturizing properties, making this scrub particularly great during cold winter months when skin tends to get dry and irritated.

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## Recipe by Dabbles and Babbles

### *Ingredients*

- Two parts oatmeal (ground up finely in a blender or food processor)
- One part honey
- One part sweet almond oil (or coconut or olive oil - which ever you prefer)

### *Directions*

- Mix everything together until it's a thick, sticky mixture
- Feel free to add a little extra oil or even a few drops of water if it's too sticky or clumpy
- Smooth onto face and rub into skin, leave on for a couple of minutes, and then rinse off



# DIY TOOTHPASTE

No microbeads in this simple recipe! Two main ingredients are all you need, but it may take time to get used to this non-foaming toothpaste. Coconut oil melts at about 76 degrees, so store in a cool place, or refrigerate if paste becomes melted.

## Adapted from Trash is for Tossers

### *Ingredients*

1/2 tbs. baking soda

3 tbs. coconut oil

#### **Optional ingredients:**

25-30 drops of food grade essential oils (peppermint, anise, cinnamon)

3/4 tbs. Xylitol (will help with bitterness)

### *Directions*

- Mix all ingredients well in a small container using a chopstick or popsicle stick
- Add any optional ingredients, including essential oils or xylitol, for flavor
- To use, either dip clean toothbrush into the paste, or use a popsicle stick or spoon to put paste onto toothbrush
- Keep in a cool place. If paste becomes melted, put in refrigerator. If paste is too hard, warm it up in a microwave, or near a sunlit window



# MAKE YOUR OWN GRANOLA BARS

Avoid individually-wrapped granola bars with this easy, delicious and healthy recipe! To truly make it a plastic-free treat, buy your dry ingredients in bulk!

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## Recipe by Alton Brown via Food Network

**Total: 1 hr** Prep: 20 min Cook: 40 min

**Yield: 16 (2-inch) squares**

### *Ingredients*

2 cups old-fashioned rolled oats  
½ cup raw sunflower seeds  
1 cup sliced almonds  
½ cup wheat germ  
½ cup honey  
¼ cup dark brown sugar  
2 tbs. unsalted butter, plus extra for pan  
2 teaspoons vanilla extract  
1/2 teaspoon kosher salt  
1 cup chopped dried fruit, any combination of apricots, cherries or blueberries

### *Directions*

Butter a 9 by 9-inch glass baking dish and set aside. Preheat the oven to 350 degrees F.

Spread the oats, sunflower seeds, almonds, and wheat germ onto a half-sheet pan. Place in the oven and toast for 15 minutes, stirring occasionally.

In the meantime, combine the honey, brown sugar, butter, extract and salt in a medium saucepan and place over medium heat. Cook until the brown sugar has completely dissolved.

Once the oat mixture is done, remove it from the oven and reduce the heat to 300 degrees F. Immediately add the oat mixture to the liquid mixture, add the dried fruit, and stir to combine.

Turn mixture out into the prepared baking dish and press down, evenly distributing the mixture in the dish and place in the oven to bake for 25 minutes.

Remove from the oven and allow to cool completely. Cut into squares and store in an airtight container for up to a week.



# APRICOT-CHERRY-CHIA ENERGY BARS

A quick and easy energy bar made with protein-packed nuts and chia seeds along with sweet dried fruit and coconut.

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Recipe by Lindsey Johnson via Hello Glow

**Total: 10 minutes**

## *Ingredients*

- 1 cup pitted dates
- 1 cup cashews (or another nut)
- 1/2 cup dried apricot halves
- 1/2 cup dried cherries
- 1/2 cup unsweetened shredded coconut
- 2 Tablespoons chia seeds

## *Directions*

Place all of the ingredients into the bowl of a food processor fitted with the chopping blade. Pulse until finely chopped. The mixture should hold together nicely.

Turn out onto a piece of parchment or plastic wrap and form into an 8- by 8-inch square.

Chill in the refrigerator until firm enough to cut into bars.

## Notes

The nuts, seeds, and dried fruit can be substituted with any variety. If the mixture is too dry and won't stick together, add a little coconut oil or a few extra dates, or a few teaspoons of nut butter.

A close-up photograph of a golden-brown loaf of bread, likely a no-knead bread, resting inside a dark-colored Dutch oven. The bread has a slightly cracked top and a soft, porous texture. The Dutch oven is set on a wooden surface, and other loaves are visible in the background, slightly out of focus.

# NO KNEAD BREAD

This easy, 5-ingredient bread recipe will make plastic-wrapped bread a thing of the past. No bread maker necessary!

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**Recipe by Kate Nelson**

**Total: 30 minutes (plus time for dough to rise, approximately 13-22 hours)**

**Yield: 1 loaf**

## *Ingredients*

- 2 cups white flour
- 1 cup wheat flour
- ¼ tsp instant yeast
- 1 tsp salt
- 1 5/8 cup water

## *Directions*

In a large bowl, combine flours, yeast, and salt. Add the water and stir until blended. The dough will be sticky and shaggy. Cover the bowl (I use a silicon lid) and let it sit for 12-20 hours.

Sprinkle the dough with a little flour and knead it a couple times. Shape it into a ball with the seam-side down. Cover again and let it sit for 30 minutes to 2 hours.

Preheat the oven to 415 degrees. Put a 6 to 8-quart heavy pot, like an enamel Dutch oven, into the oven while it preheats. When the oven is ready, pull out the pot and spray with oil or drop in a bit of butter.

Plop the ball of dough into the pot and put slits in the top if desired. Cover with the lid and bake for 30 minutes, then remove the lid and bake another 15 to 20 minutes.

If you have an instant-read thermometer, you can test the inside temperature. The bread is done when it reaches about 195 degrees.



## Directions

Heat oven to 450°F: Place a rack in lower third of oven ; heat to 450°F. Sprinkle a baking sheet with flour; set aside.

In a medium bowl, whisk together the flour, sugar, and salt. Add the oil and water to the flour mixture. Stir until a soft, sticky dough is formed. If a lot of loose flour remains in the bottom of the bowl, add more water a tablespoon at a time until all the flour is incorporated.

Sprinkle work surface with flour; pat dough into a thick square. Let dough rest for 5 minutes, then roll dough into a rectangle roughly 1/8-inch thick or thinner.

Sprinkle dough with topping (optional): Brush the surface of the dough very lightly with water. Combine the seeds in a small bowl and sprinkle them over the surface of the dough.

Using a pizza cutter or a sharp knife, cut the dough into individual crackers roughly 1-inch by 2-inches. Alternatively, cut the crackers into squares, diamonds, or use cookie cutters.

Transfer the crackers to the baking sheet using a spatula. Prick each cracker with the tines of a fork to prevent them from puffing during baking.

Bake the crackers in the oven for 12-15 minutes, until the edges are browned. Thinner crackers will bake more quickly than thicker ones.

Transfer the baked crackers to a wire rack to cool completely. The crackers will crisp further as they cool. Store the crackers in an airtight container on the counter for 3-5 days.

Your very own crispy, crunchy, seed-topped crackers, that are surprisingly easy to make at home with just five basic ingredients!

**Recipe by Emma Christensen via The Kitchn**

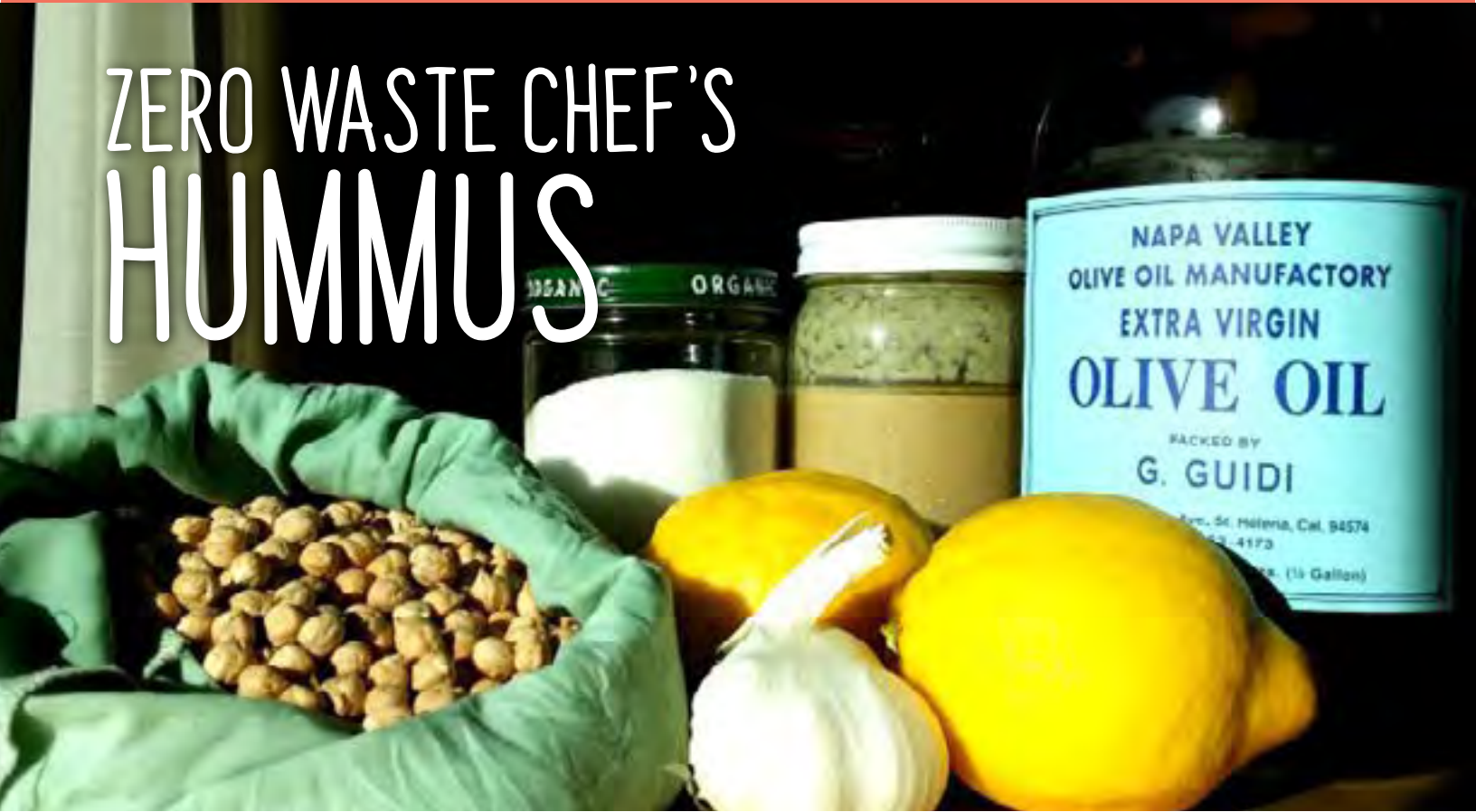
**Total: 1 hr Prep: 20 min Cook: 40 min**

**Yield: 50 crackers**

## Ingredients

- 1 1/2 cups all-purpose flour, or a mix of all-purpose and whole grain flours
- 1 teaspoons sugar
- 1 teaspoons salt
- 2 tablespoons extra-virgin olive oil
- 1/2 cup water
- Optional topping: combine 1/2 tablespoon sesame seeds, 1/2 tablespoon fennel seeds, 1/2 tablespoon poppy seeds, 1/2 teaspoon sea salt

# ZERO WASTE CHEF'S HUMMUS



Protein-rich hummus seems to only come in plastic tubs. Fortunately, you can whip up a batch of your own with this recipe from one of our favorite chefs!

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## *Ingredients*

- 1/2 cup dried chickpeas, soaked and cooked
- 2 tablespoons tahini ([here's a recipe for homemade](#))
- 1 tablespoon lemon juice
- 1/4 teaspoon sea salt
- 1 clove peeled garlic
- 1/4 cup olive oil

## Recipe by Zero Waste Chef

**Total: 10 minutes**

**Yield: 1 1/2 cups**

## *Directions*

Add the chickpeas, tahini, lemon juice, salt and garlic to a food processor. Process until smooth.

While the food processor is running, slowly pour in the olive oil. Process until all the oil is completely mixed in.

Makes about 1 1/2 cups.