



**⊘ WHAT TO AVOID**

**☑ HOW TO AVOID IT**

**☑ YES, I'LL DO THIS**

Plastic ending up in landfill and polluting the oceans	Avoid all plastic packaging, including so-called "compostable plastic".	<input type="checkbox"/>
Prepackaged fruits and vegetables	Buy loose in your own bags or paper bags. Ask for loose produce at the same price as prepackaged. Refill containers at the farmer's market. Join a CSA.	<input type="checkbox"/>
Plastic shopping bags	Bring your own bags to the store or choose paper.	<input type="checkbox"/>
Plastic microbeads in personal care and cleaning products	Go to <a href="http://BeatTheMicrobead.org">BeatTheMicrobead.org</a> or <a href="http://ewg.org/skindeep">ewg.org/skindeep</a> to find products that are safe for you and the ocean. Tell manufacturers you are not buying their polluting products.	<input type="checkbox"/>
Plastic bottled cleaning, laundry, and personal care products	Refill bottles or choose cardboard box packaging. Vinegar is easy to make. Get the large box of baking soda for multipurpose cleaning & bathing. Use coconut oil, bar shampoo & soap. Make your own (DIY).	<input type="checkbox"/>
Bagged dried goods	Buy nuts, grains, cookies, pasta...in the bulk section. Use your own bags or containers. Buy baked goods at the bakery counter or make homemade.	<input type="checkbox"/>
Prepackaged meat or fish	Shop at the butcher or fish counter for paper-wrapped cuts.	<input type="checkbox"/>
Plastic drinking straws, including so-called "compostable" or plant-based straws	Say, "no straw, please" with your order. Use paper or reusable straws. Plastic composting requires specialized equipment unavailable in most cities.	<input type="checkbox"/>
Takeout coffee cups, containers, and disposable utensils	Bring your own refillable cups, utensils, and containers or dine-in. Refuse styrofoam & plastic. Urge your municipality to ban these containers.	<input type="checkbox"/>
Plastic water bottles	Fill a reusable bottle at the tap or choose glass bottles. Filter at home.	<input type="checkbox"/>
Plastic soft drink and beverage bottles	Choose glass or cans and put in the recycling bin.	<input type="checkbox"/>
Disposable pens, lighters, etc.	Choose long-lasting wood or metal refillable pens and refillable metal lighters.	<input type="checkbox"/>
Disposable diapers & sanitary products	A cloth diaper service is cheaper than buying disposables. Replace tampons & pads with reusables: LunaPads, DivaCup, or a menstrual sea sponge.	<input type="checkbox"/>
Plastic toys for kids	Plastic toys are 90% of the market and are not recyclable. Buy toys made of wood, cotton, metal, and natural rubber.	<input type="checkbox"/>
Single-use zip/cable ties & plastic commemorative swag at events	Choose reusable, releasable cable ties. Say, 'no thanks' to cheap trinkets destined for the landfill.	<input type="checkbox"/>
Plastic trash bags and can liners	Line the can with newspaper to help keep it clean with a paper bag to dispose of the trash.	<input type="checkbox"/>
Plastic bags for pet poo	Use a poop scooper and compost it in a covered bucket layered with leaves to fertilize non-edible plants.	<input type="checkbox"/>
Plastic milk and beverage jugs	Choose waxed cardboard or glass bottles. Make your own non-dairy milk. Blend 1 cup of nuts, oats, flax, hemp, etc. in a quart of water (or less) and strain.	<input type="checkbox"/>
Plastic food wrap for leftovers and sandwiches	Use reusable containers with lids, waxed paper, or beeswax wraps.	<input type="checkbox"/>
Plastic microparticles lining the oceans	Choose natural fiber clothing instead of synthetics that are washing out of your home into the environment.	<input type="checkbox"/>
Littering cigarette butts, balloons, and glitter	Dispose of these non-recyclable, non-compostable items in the trash to keep them out of the ocean. Consider unfiltered cigarettes & alternatives.	<input type="checkbox"/>
Ignoring other people's litter	Plastic litter is killing our wildlife. Pick up whatever litter you see. Join fun ocean and waterway clean-up crews.	<input type="checkbox"/>
Apathy and despair	Write letters to open-minded companies about their packaging. What are you doing to make a difference?	<input type="checkbox"/>

Avoid landfill waste

Reduce your eco-footprint





Occupy Sonoma County is participating in Plastic Free July, and we urge everyone to join the challenge at [PlasticFreeJuly.org](http://PlasticFreeJuly.org) where participants are counted and receive information on how to reduce plastic consumption.

Scientists estimate that by 2050 there will be more plastic than fish in the world's oceans. Single-use plastic bottles, bags, and takeout containers -- those used once and then discarded -- are made with a material that is designed to last forever. Adopting reusable shopping bags, regularly utilizing reusable coffee cups and water bottles, refusing plastic utensils, and avoiding prepackaged fruits and vegetables can make a difference. These habits avoid putting plastic in the landfill, reduce fossil fuel consumption, and protect the oceans.

Participation can range from choosing to refuse a handful of items for a single day, refusing all plastic for the entire month, or anything in between. One simple action is to say no to plastic straws! We ask that everyone make a habit of saying, "No straw, please" when ordering a beverage at a bar or restaurant. Plastic straws are often given automatically and are a serious threat to the environment. We ask that clubs and restaurants switch to paper straws or consider switching to glass or stainless steel straws.

Every bit of plastic ever made still exists. Plastics break into smaller and smaller pieces that do not decompose becoming permanent pollution which is toxic to fish, wildlife and the environment. Recycling is not the solution to this problem. Plastic that is recycled is typically downcycled into weaker products such as single-use bags that must be landfilled.

For more information, subscribe to our weekly newsletter that includes information about plastic problems and solutions in every issue. Download our checklist and information on how to join our campaign. You can also talk with us in person by coming to our next Earth Action Campaign meeting. Check our website for details.

[occupysonomacounty.org](http://occupysonomacounty.org)  
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