



# Easy Steps to Reduce Plastic Waste

## Basic Principles:

Follow the Rs to reduce plastic waste: Refuse, Reduce, Reuse, Repair, Repurpose, Recycle.

## Local resources:

- **Second hand** store: Nearly New, Facebook groups: Buy Nothing Chelsea, QC and Chelsea Quebec Buy & Sell, The Wakefield dishes library.
- Bring **clean styrofoam** to StyroRail inc. in Wakefield for recycling.
- Planning to host a party? Check out the Wakefield **dishes library**: <https://centrewakefieldlapeche.ca/page-18503> before you purchase disposable plates, cups and cutlery.

## Educational:

- Learn more about plastics and our plastic waste on **credible websites** such as Canada Statistics, Environment Canada Canada Plastic Pacts, Government of Canada's Zero Plastic Waste Policy.
  - Check out the **Chelsea library for books on tips** and information to reduce plastic waste. Currently, they have a special display on this topic.
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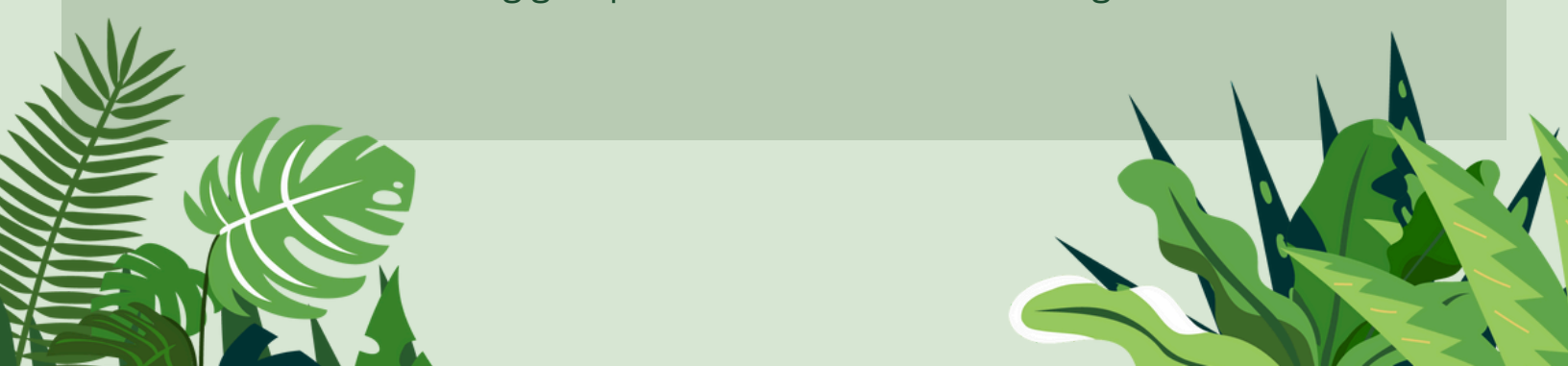


# Easy Steps to Reduce Plastic Waste At Home

- Choose reusable and plastic free products such as **mugs, food containers, shopping and vegetable bags.**
- Use your items for longer. **Mend** your clothes.
- Participate in your **local waste management program** and **recycle.**
- Do not use plastic garbage and recycling bags, rather **put your garbage directly into the brown and blue bin.**
- There is no need to use cling wrap to cover food items. Use e.g., **waxed cloth wrappers or a plate over a dish.** You can make waxed food wrappers and bowl covers from old clothing. Check with our sewing group for instructions.
- **Reuse old glass containers** from e.g., pasta sauce, pickles and jam as bulk food containers to store home-made salad dressings, dips and other items.
- Use **reusable storage containers** made out of glass or ceramic. If plastic is needed, choose a recyclable option. **Wash out and reuse containers** and bags instead of buying new ones.
- **Make tea from loose leaves and herbs.** Research has shown one tea bag can release millions of microplastic particles in a single cup of tea. If you buy tea bags, make sure the tea bags are plastic free. Some plastic free tea brands are: **Yogi, Pukka, Stash and Republic of Tea.**



# Easy Steps to Reduce Plastic Waste Away From Home

- Bring your **own cup** for take-out coffee, tea, etc. Make sure to use a **reusable** cup in the coffee shop rather than disposable paper cups that typically also have a thin plastic coating. Because of that no coffee cup yet is completely compostable.
  - Avoid buying small quantities of items wrapped in plastic. **Choose larger quantities and non-plastic packaging.**
  - Buy in **bulk and unpackaged**. Bring your reusable containers and bags as much as possible. There are several stores that are set-up to weigh the containers you bring, e.g. **La Forêt** in Wakefield, the **Bulk Barn**, and **Zero Waste** in Ottawa. The Brunet Pharmacy in Wakefield offers bulk detergents and cleaning products.
  - **Engage with your local store** to provide plastic free solutions and less plastic packaging, for example: unwrapped food products (grocery stores) and natural fiber fabrics (clothes stores). **Promote and support businesses which actively reduce their plastic footprint.**
  - Buy vegetables without plastic wrapping and store them in **reusable containers in the fridge**. They also tend to keep longer stored in this manner. Bring your own reusable **plastic-free vegetable bag**. Check with our sewing group on how to make them using old clothes
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# Easy Steps to Reduce Plastic Waste

## Clothing

- Clothes and other fabrics are increasingly made of synthetic materials. Synthetic materials are prone to release microplastics upon washing and drying. **Purchase natural fiber clothes** (like linen, cotton, wool) when possible, although purchasing less overall is the best option.
- Check out **second hand stores** before you purchase new items.
- If you need to wash synthetic materials on the cold cycle, **install a filter to collect microplastics**.
- Go back to using **washable cotton handkerchiefs** rather than paper ones that are sold in plastic packages. Check out our sewing group on how to make your own hankies from old clothes.

## Soap, Dental and Cosmetics:

- Solid soap and powdered laundry and dishwashing detergent are available in plastic free packaging.
- Choose biodegradable cosmetics, toothpastes and soap free of microplastics. Plastic-free tooth floss is available from at least one Canadian company.

## Garden:

- Are you a gardener? Consider having soil delivered in bulk to your house rather than buying individual bags.
  - Used egg cartons can be repurposed to start seedlings instead of plastic containers.
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