

CALL TO ACTION

COMBAT PLASTIC POLLUTION

Reduce Plastic Use When Shopping

- **Avoid plastic produce packaging.** Buy loose produce and carry in reusable produce bags.
- **Look for alternatives to plastic packaging** such as glass, tin, aluminum, or paper...or choose items with minimal or no packaging!
- **Use bulk and refillable options whenever possible.** A variety of refillable options can be found for spices, coffee, sweeteners, pasta and more. Beauty care and cleaners like shampoo, dish detergent, laundry detergent are also available in bulk. **Make sure to have your container weighed** prior so you aren't paying for packaging (unlike regular purchases where you always pay the packaging costs).
- At the deli counter **bring your own containers** and paper wraps.
- Have a particularly busy day and want to reach for convenience food with lots of plastic packaging? Instead, **make meals in large quantities in advance that can be frozen.** Reheat on those busy days when you are hungry and need to eat as quickly as possible.
- Shampoos, conditioners, toothpaste, lotions, lip balm, deodorant, detergents and more can be **made at home in minimal time.** The internet has a wealth of resources and check out the Azulita Project's recipes to reduce plastic use at AzulitaProject.org

When Eating Out...

- **Refuse single-use items** such as plastic utensils, disposable cups, straws, lids, bags, and containers whenever possible. When ordering take-out, **specifically ask to not include plastic bags,** utensils, lids or straws.
- **Bring your own container for leftovers.** Take the leftovers off your plate and add to your container at the table so that you don't need to worry about restaurant policies on accepting your reusable container.
- **Patronize restaurants that do not offer single-use disposable plastics** like creamer tubs, jelly, condiment containers, stirrers and more. Thank them for not offering single-use disposable plastics!



· AZULITAPROJECT.ORG

· INFO@AZULITAPROJECT.ORG

Increase Reuse

- **Bring your own** bags, produce bags, water bottles, reusable cups and mugs, straws, tableware, and to-go containers when you are going grocery shopping or eating out.
- **Kick the plastic wrap habit** for good with reusable beeswax wraps. You can even make these wraps at home! Directions available at AzulitaProject.org
- **Take a look at your regular self-care routine.** There are reusable options for cotton balls and swabs, tissues, plastic-free dental floss, replaceable toothbrush heads, reusable menstrual products and more. A search for “zero waste products” will help find alternatives.
- Using **cloth diapers** will toilet-train children an average of one year earlier than children in disposable plastic diapers.

Rethink Plastic Use

- **Can you really recycle that plastic?** Learn what plastic types can be recycled in your area. It's a really bad idea to put non-recyclables in your recycling bin as it requires more fossil fuels and manpower to sort out those non-recyclables and send them to the landfill. Avoid “wishcycling” and know what can be recycled in your community.
- Demand from your local, state, and national representatives legislation on **Extended Producer Responsibility, bottle bills and bans** which can include take-back programs, minimal packaging, and required recycled packaging content. You just might find allies in local government who are burdened by the increasing costs of waste disposal and management of plastics.
- **Ask your favorite businesses to reduce their plastics usage** and provide alternatives to single-use disposables. Providing written comments or posting a polite note on their social media while waiting for the bill can have a huge impact in changing restaurant policies.
- **Ask your grocery store for more refillable and bulk options.** Sending a quick note while waiting in line at checkout can help provide more options at your grocery store.
- **Ask the producers of your favorite products to reduce their packaging,** use alternatives to plastic and bioplastics, or to increase the recycled content of their packaging. A quick message on social media can help start to change policies within the company.

The Azulita Project is a Flagstaff-based 501(c)3 nonprofit that addresses waste plastic pollution in inland and coastal communities through direct action, including education and advocacy, single-use plastic reduction, and supporting plastic recapture and recycling efforts.