

# Trashy Twelve

12 sources of plastic pollution and the solutions to eliminate them!

## 1 Plastic Water Bottles



Plastic water bottles are non-biodegradable, remain indefinitely in landfills and oceans, and release harmful chemicals such as BPA. **Solution:** Try reusable glass water bottles.

## 2 Single-Serving Coffee Pods and Tea Bags



Single-serve coffee pods and tea bags are not fully biodegradable and create waste. **Solution:** Use a pot with a reusable filter to brew your coffee or tea.

## 3 Coffee Conveniences



Single-use cups and plastic stirring straws and lids generate a ton of waste and end up in landfills. **Solution:** Use biodegradable wooden stirrers to mix your coffee and a reusable, insulated mug to keep coffee warm.

## 4 To-Go Containers



Styrofoam is non-biodegradable and is made from chemicals that can be harmful to human health. **Solution:** Look for restaurants that offer recyclable plastic or compostable containers.

## 5 Disposable Utensils



Disposable utensils are wasteful, difficult to biodegrade and may even leach toxic chemicals into the environment. **Solution:** Use reusable, durable utensils to reduce waste entering our landfills.

## 6 Disposable Straws



Plastic straws are one of the most commonly found pollutants in our oceans and can be harmful to marine life. **Solution:** Norwex Stainless Steel Drinking Straws can be washed and reused, and keep your family's beverages BPA free.

## 7 Disposable Grocery Bags



Disposable Grocery Bags account for more than 10% of the debris washed up on the US Coastline. **Solution:** Bring your own reusable grocery bags to the store. The Norwex version with BacLock® helps reduce excessive waste.

## 8 Disposable Produce Bags/ Resealable Plastic Bags



Plastic produce bags photodegrade in sun, breaking into smaller plastic particles that can be toxic to the environment. **Solution:** Norwex Reuseable Produce Bags help reduce waste and the environmental impact of disposable produce bags.

## 9 Plastic Wrap



Plastic wrap persists in landfills indefinitely and often ends up in oceans, causing harm to marine life. **Solution:** Use and recycle aluminum foil to wrap food up or use Norwex silicone lids that come in a variety of sizes to cover your food containers.

## 10 Disposable Cleaning Supplies



Single-use mop pads, disposable cleaning wipes and dryer sheets are often filled with chemicals that are harmful to human health. **Solution:** Try a high-quality microfiber mop, reusable microfiber cleaning cloths and replace chemical-laden dryer sheets with eco-friendly dryer balls. Norwex has several options!

## 11 Foamed Packing Peanuts



Packing peanuts are difficult to clean up, difficult to biodegrade and often end up in landfills indefinitely. **Solution:** For your packing and shipping needs, try using shredded mail or newspapers that are lying around the house!

## 12 Microbeads



Microbeads easily enter our waterways and soak up toxins that are harmful to human and marine life alike. **Solution:** The Norwex Body Cloth exfoliates with only water, and none of our personal care products have ever contained microbeads.