

REDUCING MICROPLASTICS EXPOSURE

Little Pieces of Plastic, Big Health Risk



Concerned about your microplastic exposure? Here are some steps you can take right now to reduce microplastics in your everyday life:

- Get rid of plastic cutting boards; use a wooden or bamboo cutting board instead.
- Do not store food in plastic containers or use cling wrap; switch to glass, metal, or ceramic food storage containers. Beeswax wrap and aluminum foil are both good alternatives to plastic cling wrap.
- Stop microwaving your food in plastic; instead, put it on a ceramic plate or in a glass container before microwaving.
- Get rid of plastic cooking utensils as well as all nonstick pans and pots. Use metal cookware and metal or wooden cooking utensils only.
- Stop drinking bottled water and avoid other beverages packaged in plastic.
- Replace any reusable plastic water bottles with metal or glass water bottles.
- Don't put plastic items in your dishwasher. The high heat will cause them to shed microplastics and leach chemicals more readily.
- If you use personal care products packaged in plastic, switch to bar soap, and shampoo or conditioner bars. Try to find personal care products sold in glass, metal, ceramic, and paper packaging.
- Swap your plastic shower curtain (most are made of vinyl, aka polyvinyl chloride or PVC) for a cotton or linen shower curtain.
- Most clothing is either entirely made from or includes some amount of plastic, including polyester, spandex, lycra, nylon,



and fleece, as well as all blends that include these plastic materials. Try to choose clothes made from natural fibers like cotton, wool, or linen.

- When you wash clothes, towels, curtains, etc., made from synthetic materials, choose the cool setting and line-dry them, if possible, because heat causes plastics to break down and shed more readily.
- Instead of using plastic grocery bags (both for produce and to carry your groceries in), switch to sturdy reusable cotton, hemp, or canvas bags and use lightweight cotton produce bags.
- Ultra-processed foods and foods packaged in plastic contain more microplastics, so choose fewer processed foods and foods that are not packaged in plastic. This might mean skipping heavily packaged snacks and choosing the peanut butter in a glass jar over the peanut butter in a plastic jar, as examples.
- Instead of using laundry detergent packed in a big plastic bottle, choose a powdered detergent (Meliora Cleaning Products has a great line) or try a concentrated tablet (Blueland has a good line). Please note that although they advertise themselves as "plastic-free," detergent sheets are actually made of a type of plastic called PVA, so we recommend skipping them.
- Fabric softener/dryer sheets tend to be filled with toxic chemicals that are bad for your health (and your dryer.) Try using wool dryer balls to make your clothes softer.



WANT MORE TIPS?

We have lots more ways you can reduce plastics in your own life as well as get involved in reducing plastics in your town, county, state, and beyond. Visit our website at BeyondPlastics.org or scan the QR code below.

