

HELP TO REDUCE MICROPLASTICS

WHAT YOU CAN DO



1

BRING YOUR OWN CONTAINER

Shift to reusables to reduce the use of single-use plastics!

DO LESS LAUNDRY

2

Do laundry less often and only run full loads! When possible, line-dry your clothes.



SECOND
HAND

3

SHOP SECOND-HAND

Avoid buying new clothes, new electronics, new furniture! Keep them out of landfills where they will degrade into microplastics



WHEN IN DOUBT, THROW IT OUT

4

When in doubt DO NOT just recycle it. Find out how your local recycling or solid waste department deals with plastics. Check labels! Recycling is done differently EVERYWHERE, so just try your best.



5

BUY IN BULK

Fill your reusable containers with bulk essential items that can be stored in your pantry such as rice, beans, nuts, etc.

CLEAN WITH HOUSEHOLD INGREDIENTS

6

Many cleaning products can be replaced with common household ingredients!



GO TO THESE LINKS TO FIND OUT MORE INFORMATION:

- WWW.WEFORUM.ORG/STORIES/2025/02/HOW-MICROPLASTICS-GET-INTO-THE-FOOD-CHAIN/
- WWW.UCSF.EDU/NEWS/2024/02/427161/HOW-TO-LIMIT-MICROPLASTICS-DANGERS