

TAKE ACTION TODAY! B.E.A.C.H. PLASTIC REDUCTION SOLUTIONS

Fish and seafood

The largest contributor to the plastic marine debris problem in the ocean is the fishing industry followed by the aquaculture industry. To be ocean friendly, don't buy fish and seafood as this is supporting the industry causing the most harm to the marine environment.

Washing dishes & clothes

Do not put pods wrapped in plastic into a dishwasher or washing machine. Pods are wrapped in a type of plastic (polyvinyl alcohol) which is toxic to aquatic species – it kills fish.

Roofing material

Don't allow styrofoam to be installed under metal shingles on your roof. It causes air, ground and water pollution and kills fish.

Coffee

Do not use Keurig cups or other K-cups as these are made of plastic. Use paper coffee filters instead of coffee pods.

Shopping for food/drinks

Avoid buying food or drinks in plastic, cans or tetra paks especially if it has been cooked, baked, roasted, heated in some way. Choose glass instead. Do not buy drinks with six-pack rings.

Black plastic

Do not buy or use any black plastic items as these are made from recycled, toxic e-waste.

Tea bags

Buy loose leaf tea in bulk or buy tea bags that are made from paper and wrapped in paper. Do not buy tea bags made of plastic and wrapped in plastic.

Rubbish/trash

It's very important to secure rubbish/trash securely. Use a bag and tie it up or a box and completely close it. Never put loose trash in the garbage bin or in the back of a pick-up truck where it can blow out.

Produce bags

Use reusable cotton produce bags instead of plastic bags for fruit and vegetables. Let the cashier know about the tare weight so that it is deducted from the weight of the food. Wherever possible, buy loose fruit and vegetables, not those packaged in plastic.

Food wrap

Use wax wraps to cover food instead of plastic wrap.

Utensils

Keep a reusable bamboo utensil set handy in your bag, the car, your desk at work so that if you are eating out, you have utensils ready to use instead of plastic ones. If you forget them, ask for wooden chopsticks instead.

Water

Use a water filter at work and home. Do not buy or drink water from plastic 5 gallon containers as these leach BPA into the water.

Drink bottles

Use your own glass or stainless steel reusable bottle for water.

Straws

When you order a drink ask for “no straw please” or use your own reusable stainless steel, glass or bamboo straw. There are also paper and 100% compostable straws.

Stirrers

Use wooden stirrers or a metal spoon to stir your coffee instead of plastic stirrers.

Take-out coffee/hot drinks

Bring your own reusable drink container for hot drinks made of ceramic or stainless steel.

Take-out food

Bring your own reusable bag and a reusable glass or stainless steel container for take-out food or request 100% compostable containers. Never buy food or drinks in polystyrene foam. Avoid plastic coated paper boxes as well.

Left overs

Bring your own glass or stainless steel containers to the restaurant in a reusable bag so that you can put your left overs in it and bring it home.

Hot food containers

Bring your own hot lunch in an insulated, reusable, stainless steel food container.

Travel

Wherever you go, pack your reusable shopping bags and cotton produce bags. They pack flat and don't take up much room or weight in your bag. Also bring your own drink bottle and fill it up after you go through security so you don't need a plastic bottle of water on the plane.

Events

Provide 100% compostable plates, cups, bowls and utensils or made of natural materials such as palm leaf plates, birch ware etc. Do not buy “biodegradable” as it could be 98-99% plastic.

Other ways to help

- stop buying items in plastic bottles, tetra paks, cans & vote with your dollars for safer choices by buying food and drinks in glass
- call the company of the product or write a letter and ask them to please use glass jars/bottles instead of plastic, tetra paks or cans
- let people know on social media about the harm of tetra paks being lined with plastic
- donate and/or become a member of B.E.A.C.H. (www.b-e-a-c-h.org)
- volunteer with B.E.A.C.H., email us at beach_org@yahoo.com or call (808) 393 2168