

TIPS FOR PLASTIC ALTERNATIVES

SHOPPING BAGS

Bring 100% cotton bags when you shop. Avoid bags with plastic sprayed on to make them waterproof or shiny. Organic cotton grown without pesticides is best.

WATER BOTTLE

Use stainless steel bottles.

KITCHEN UTENSILS, COOKWARE

Use wooden or stainless steel utensils, and food-grade silicone for spatulas. Avoid non-stick pans with Teflon, which can release PFAS and microplastics. Choose cast iron or stainless steel cookware.

CLOTHING

Choose natural fabrics like 100% cotton, linen, silk, wool, hemp, or bamboo. Avoid synthetics like polyester, nylon, and spandex. Even cotton items may contain small amounts of spandex. Check brand sustainability claims at goodonyou.eco.

FOOD JAR & STORAGE

Store leftovers in glass, stainless steel, or ceramic containers. Use beeswax wraps to cover bowls without lids. When shopping, choose items like oils, peanut butter, and spices in glass jars.

PRODUCE BAGS

Use 100% cotton mesh bags for fruits and vegetables if needed to keep loose items together.

BEDDING

Look for 100% cotton, linen, and other natural fabric.

SOAP/ SHAMPOO / DETERGENT

Choose soap & shampoo bars. Use fragrance-free laundry powder without plastic scoop. Avoid sheets & pods wrapped in PVA film. Fragrances may contain hormone-disrupting chemicals. Brands like Meliora offer safer options in plastic-free packaging.

SHOWER CURTAIN

In Europe, shower curtain liners aren't used. A linen curtain keeps water in and dries quickly if shaken out and hung outside the tub after use.

DISH SPONGE & CLOTH

Find plant-based sponges, mostly online. They tend to be stay clean and unstained until worn. For counters and electric stovetops, try Swedish dishcloths.