



TIP TUESDAY

A weekly guide to help you
kick your plastic habits.



Tip Tuesday Plastic Free Bathroom

Reducing a plastic footprint starts at the smallest levels during a daily routine. Begin the moment you wake up and prepare for the day. The bathroom offers a place to replace plastic items with alternative solutions and start each day looking fresh and plastic-free!

MICROBEADS

Products containing microbeads (the small plastic pieces found in a variety of bathroom facial scrubs and exfoliants) will be sold in the US until 2018.

What do you do if you have products that currently contain microbeads (polyethylene or polypropylene)?



- a) **Throw them in the trash**
- b) **Empty contents in the drain and recycle container**
- c) **Empty contents into the trash and recycle container**
- d) **None of the above**

Pearly Whites: Use a bamboo or metal toothbrush and a stainless steel tongue scraper. When you are finished with your bamboo toothbrush, soak the brush in water to release the bristles and compost the handle.

Smooth Skin: Shave with metal razors (non-slip for women can be a life-saver!).



Make Bubbles: Replace plastic loofahs with a sea sponge, biodegradable konjac sponge or wooden body brush.

Switch to Bars: Bar soap, bar shampoo and bar shaving cream come wrapped in twine or recycled paper and stay plastic-free when you store them on

squares of bamboo.

Storage Ideas: Consider bamboo, wood and basket storage ideas for bathroom items to cut down on plastic containers/holders.

Bath Mat Alternatives: Try rubber, bamboo or even hand towels as bath mats instead of PVC and plastic mats.

Cover Your Shower: Hemp, Cotton and Linen are good alternatives to vinyl and plastic shower curtains - for the DIY take an old bed sheet and cover it with beeswax - this is a natural water repellent. Re-purpose

jewelry as shower-hooks to hang your new curtain!



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**<http://www.5gyres.org/takeaction>*



Go Plastics-Free and end your plastic habits today!

- 1) [Click here to sign our pledge](#)
- 2) Tell us how you're doing and share your ideas
- 3) Encourage others to take the pledge
- 4) Spread the word via Social Media

Have an idea for a tip?!?

Contact Lauren:

communications@cleanoceanaction.org



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