



# PLASTIC SWAP!

Simple ways to start removing plastic from your home!



## ECO-FRIENDLY BATHROOM PRODUCTS

### TOOTHBRUSH

- Bamboo (\$2 each if bought in bulk).
- Preserve's oral care toothbrush! They're made from recycled plastic and are \$3 each.

### TOOTHPASTE

- Chew Tabs (\$10 for 1 month supply)
  - Refills: \$23 for 3 month supply!
- Dirt All Natural Tooth Powder (\$25 for 6 month supply).
- DIY Toothpaste! Ingredients include:
  - Coconut Oil (\$8-10)
  - Baking Soda (\$1)
  - Stevia (\$10)
  - Peppermint Oil (\$13)

### MOUTHWASH

- Georganics Tablets (\$15 for 3 month supply).
- DIY Homemade Mouthwash!

### DENTAL FLOSS

- Bambun Spool (\$9, Plastic free packaging & biodegradable)
  - Refills: 2 spools for \$7

### SHAMPOO & CONDITIONER

- Use a Bar (about \$6-8 each, cheaper if bought in bulk).
- Buy Plaine Products (\$30).
  - Loop system, return the empty container once finished and a new one is delivered.
- DIY w/ ACV & Baking Soda
  - Mix 1 part baking soda with 3 parts water
    - Start at roots and massage scalp, leave in for about 1 minute, then rinse out
  - Mix 1 part ACV and 4 parts water
    - Massage onto scalp and rinse out

### HAND SOAP

- Use a bar instead of a pump!
- Cheaper to purchase in bulk (check out your local Farmer's Markets).

### LOOFAH

- Use a washcloth instead!
- Exfoliating Scrubber (\$9 for a pack of 5).
- Good for scrubbing & hand or machine wash

### RAZORS

Traditional cartridge razors cost \$10-15 for the razor, then we spend about \$160 annually for the refill blades. Save over \$100 a year by using safety razor!

- Safety Razor (Albatross, \$30 for a razor)
  - Refills: \$25 for one year supply.
  - Albatross takes back used blades-closed loop system.
- Use an electric razor (\$30-120).

### COTTON SWAPS

- The Last Swab (\$9 for two silicone swabs & you can rinse and reuse).

### COTTON BALLS/PADS

- Reusable Make up Remover Pads (\$15 for 20 pads & comes with laundry bag to put in washing machine).

### HAIR BRUSH

- Buy bamboo over plastic (about the same cost as plastic hair brush).

### FEMININE PRODUCTS

- Opt for cardboard tampon applicators!
- Menstrual Cup (\$15-40, reusable).
- Thinx Panties ( \$24-40, Organic cotton & reusable).

# ECO-FRIENDLY KITCHEN PRODUCTS

## DISHWASHING DETERGENT

- [Cocoboo Soap Nuts \(\\$18 lb, which is about 240 loads\)](#)
  - Allergy and chemical free & comes with a washing bag!
- [Dropps Laundry Pods \(\\$13, about 32 loads\)](#)
- [Ecover Zero Dishwasher Soap Powder \(\\$46 for a pack of 8 48oz boxes\)](#)
- [Beyond Dish Tabs \(\\$10 for 32 tabs\)](#)
  - Free from dyes and chlorine & Tablet is not wrapped in plastic!
- [Homemade Dish Detergent! Ingredients:](#)
  - 2 parts borax (\$8)
  - 2 parts washing soda (\$4)
  - 1 part citric acid (\$3)
  - 1 part salt (\$2-5)
  - Optional: essential oils for scent

## DISH SOAP

- [Meliora Plastic Free Dish Soap \(\\$11 for 7 oz block of soap\)](#)
- [No Tox Life Washing Block \(\\$12/bar\)](#)

## SPONGES

- [Natural Dish Scrubber \(\\$8 for two\)](#).
- [Natural Loofa Sponge Scrubbers \(\\$10 for a 6-pack\)](#).
- [Handmade Unsponge \(\\$15 for a set of 3\)](#).
  - Made from compostable materials (cotton and linen jute) and machine washable (lasts 3-4 months)!
- [Bamboo Sponges \(\\$15 for a 4-pack\)](#).
- [Kitchen Natural Sponges \(\\$14 for a 4-pack\)](#).
- [Twist Scrub Sponges \(\\$12 for a 6-pack\)](#).
- [Ceramic Soap Dispenser & Bamboo Scrub Brush \(\\$10 for the set\)](#).
- [Bamboo Scrub Brush \(\\$5\)](#).
  - Good for pots and pans (stuck on grease)

## DISPOSABLE CUTLERY & UTENSIL SETS

- [Portable Utensil Set \(\\$10\)](#)
  - Stainless steel & comes with carrying case!
- [Bamboo Travel Set \(\\$12\)](#)
  - Case is made from recycled PET!
- Bring your own set from home to keep at your desk or in your bag!
- [Uprtrust Bamboo Set \(\\$12\)](#)
  - Comes with bamboo utensils, straw (with scrubber) and carrying case!
- [Tifanso Set \(\\$7\)](#)
  - Comes with Stainless steel utensils, straws (with scrubber), chopsticks and a case.

## STRAWS

- [Stainless Steel Straw \(\\$13\)](#)
  - Comes with two straws, a cleaning brush and a case!
- [Bamboo Straws: \(\\$8\)](#)
  - Comes with 10 straws, a case and a cleaning brush!

## PRODUCE BAGS

- [Ecoware Reusable Mesh Produce Bags \(\\$11 for a set of 15\)](#).
- [Colony Co. Reusable Produce Bags \(\\$21 for a set of 9\)](#).

## K-CUPS

- [GloryBrew Compostable Coffee Pods \(\\$27 for a 36-pack\)](#).
- [Maxware Refillable Coffee Filters \(\\$8 for a 4-pack\)](#).
- Purchase local coffee in a paper bag!

## CONTAINERS

- Lunch Box with reusable containers (\$20-40)
- Water Bottles (\$10-40)
- Thermos (\$7-30)

## STAY INFORMED!



Zero Waste Social Media Platforms: Helps to keep you motivated and inspired.



For Neighborhood Clean-up Brand Audit: Trash Audit.



Follow Green Living Science on Social Media - Posts daily with inspiration!

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