

- Switch to pour-over – single serve pods of coffee wreak havoc on the environment and don't taste nearly as good as coffee made with a bit more intention. Pour-overs might look fancy and time consuming, but they don't add more than a minute or so to your morning routine and drastically reduce waste
- Choose loose leaf tea – Avoid throwing out tea bags every day by using a tea strainer.
- Bring your own cup – To-go coffee cups may be convenient in the moment, but they last a lifetime in the landfill (especially if they're made of Styrofoam). Invest in a sturdy, insulated cup that you can take with you wherever you go. Not only will it keep your coffee hot longer, but many coffee houses will give you a discount for bringing your own. It's a win/win!
- Skip the plastic loofa – Washcloths and loofas made from natural materials aren't only better for the environment, they typically exfoliate better too. Say goodbye to plastic and hello to glowing skin!
- Down with disposable razors – Next time you get down to your last disposable razor, choose to replace it with one that will last. It's more of an investment up front, but higher quality razors produce less waste and keep their sharp edge longer.
- Invest in reusable facial rounds – If you're removing makeup at the end of the day, an easy way to be kinder to the environment is to choose reusable face scrubbies. Wash your face, wash your scrubbie, repeat.
- Say no to paper towels – 544,000 trees could be saved each year if each US household used just one less roll of paper towels. Imagine the environmental impact you could make if you switch out disposable paper towels for reusable towels! Not only would you save trees from being cut down and water ways from being polluted, you'd be sending less trash to landfills.
- Every day cloth napkins – Most of the time, our cloth napkins only make it out of storage on Thanksgiving. But they don't need to be reserved for fancy dinners! Invest in some sturdy cloth napkins that you'll like looking at every day and put them to work. Because napkins take up very little space in a washer, you can just throw them in with other loads and save yourself some hassle.
- Choose recycled paper – There are some situations where paper truly is the best option. In times like those, reach for paper towels, napkins, and plates that are made from recycled paper. Mother Earth will thank you.
- Reduce food waste – Americans throw away a shocking amount of food every year. We can do better! Try planning meals in advance, cooking with seasonal foods that are locally sourced, making the most of the staples in the cupboard and using up leftovers.
- Bring your own – Whether it's a market basket or a sturdy cotton tote, make sure not to leave home without it! An easy way to reduce your plastic waste is to keep your reusable shopping bags in your car or tuck one away in your purse so that you never forget to take it with you when you run errands.
- Buy bulk – If you have access to a grocery store that sells dry goods like rice and lentils in unpackaged bulk, grab a reusable bulk bag and fill it up!
- Bring your own bottle – Bottled water is not always safer than tap, it causes our landfills to be overloaded with unnecessary plastic, and it's expensive. In fact, when you buy a bottle of water, 90% of the cost is packaging. If you travel with your own bottle, you are not only reducing your reliance on single-use plastic, but you're saving money. What's not to like about that?
- Be prepared at work – Keeping a set of utensils, a plate and bowl, a cup and a mug at your desk is one of the easiest ways to cut waste out of your life.
- Pack your lunch – When you pack a lunch, you usually end up saving money, eating healthier, and being more mindful of your waste. Bonus points if you use stainless steel or glass containers instead of disposable plastic bags!