



# THE PLASTIC PLAYBOOK ✓

Your Guide to Reducing  
Plastic Exposure in Your Home

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# THE PLASTIC PLAYBOOK

## Your Guide to Reducing Plastic Exposure in Your Home

The vast majority of plastic products (>99%) are made from petrochemicals that are harmful to the environment and human health<sup>1</sup>. Plastics and their chemical additives surround us – invading the foods we eat, the air we breathe, and the products we put on our skin. These harmful chemicals can interfere with hormones and are linked to higher risks of infertility, obesity, and chronic disease.

The good news is that there are effective steps you can take now to reduce plastic exposure for yourself, your family, and your community. Inspired by the intervention that Dr. Shanna Swann and Million Marker completed with six couples in the documentary, *The Plastic Detox*, this guide offers solutions on how to unplastic your life. You'll find actionable strategies to identify, reduce, and replace harmful plastics in key areas of your daily routine.

### This Guide Includes:

-  Ten simple, high-impact changes you can make immediately to reduce your exposure
-  Detailed room-by-room checklist to help identify and swap out harmful plastics throughout your home
-  Expert tips to decode product ingredients and make safer choices
-  Shareable facts about how plastic is affecting our bodies and health

The Plastic Playbook was developed in partnership between the [Oceanic Preservation Society](#) and [Million Marker](#). Language translations were provided by the [Health & Environment Alliance \(HEAL\)](#).

Find additional free resources at [unplasticyourlife.com](https://unplasticyourlife.com) and join the conversation on social media using [#UnplasticYourLife](#).



# 10 THINGS YOU CAN (AND SHOULD) DO RIGHT NOW

Ready to Unplastic Your Life? Avoid the worst points of toxic exposure using these ten pro-tips:

## 01 Swap Out Plastic Food Storage



Plastic containers and cling wrap can leach chemicals into food and drinks, disrupting your hormones. Store food in glass, stainless steel, or ceramic and switch to plastic wrap alternatives, such as beeswax or cloth covers.

## 03 Never Heat Plastics - Especially Black Plastic



Heating plastics can release more harmful chemicals into your food and drinks. Black plastics may contain toxic recycled materials from electronics. Choose glass or ceramic for microwaving and food storage, and wash any plastic items like coffee pots by hand instead of in a dishwasher. Opt for stainless steel or glass for appliances like kettles and coffee makers. If your appliances have plastic parts, don't let hot water sit in them for too long.

## 02 Cook with Care



Avoid ingesting harmful forever chemicals (PFAS) that can accumulate in the body. Replacing plastic cutting boards and utensils with 100% wooden, stainless steel, or whole bamboo cutting boards and utensils is an easy and quick swap to reduce microplastics shedding into your food. Replace nonstick and Teflon cookware with safer alternatives made from glass, stainless steel, copper, ceramic, or cast iron.

## 04 Skip Bottled Beverages



Plastic bottles can release chemicals and microplastics into your drinks – especially when they're heated, left in the sun, stored for long periods, or washed in the dishwasher. Filter tap water and use glass or stainless steel bottles instead. Never drink bottled water that's been sitting in a hot car.

## 05 Decline Paper Receipts



Thermal paper receipts are often coated with BPA or BPS, hormone-disrupting chemicals that can be absorbed through the skin. Decline or opt for digital receipts. If you handle receipts often at work, consider wearing gloves or washing your hands frequently. Avoid touching receipts right after using hand sanitizer, as it can increase chemical absorption through the skin.

## 07 Love Your Laundry



Use fragrance-free tablets, powders, or liquids instead of plastic-wrapped laundry pods. Skip dryer sheets to keep harmful fragrances and microplastics out of your clothes. Switching to wool dryer balls is a simple upgrade. They soften fabrics, cut static, and last far longer than disposable sheets. Adding white vinegar to the fabric softener dispenser in the washing machine also helps soften fabric and reduce static. Take advantage of sunshine and fresh air by hanging your laundry outside to dry naturally.

## 09 Choose Organic Fabrics



Synthetic textiles like polyester, acrylic, and nylon are plastics and may contain hormone-disrupting dyes, flame retardants, and other finishing chemicals. They also shed microplastics when washed. Notice what your clothes, bedding, and upholstery are made of and consider natural fiber alternatives like organic cotton, linen, hemp, and wool.

## 06 Seek Out Low-Tox Hair and Personal Care Products



Be mindful of the products you use that sit on your skin and hair, as they can be absorbed into your body. Try the [Healthy Living](#) or [Clearya](#) apps to find products that have safer ingredients. There are excellent bar soaps, lotions, shampoos, and conditioners that are also zero-waste solutions. If possible, limit the use of chemical hair treatments like relaxers and straighteners, which often contain hormone disruptors.

## 08 Forgo Synthetic Fragrances



The terms “fragrance” or “parfum” on a label can mask a cocktail of unregulated, potentially hormone-disrupting chemicals, such as phthalates, used to make scents last longer. Even products marketed as “unscented” may contain fragrance/phthalates. Choose fragrance-free products or those explicitly scented with third-party tested natural essential oils only.

## 10 Freshen Up Your Home

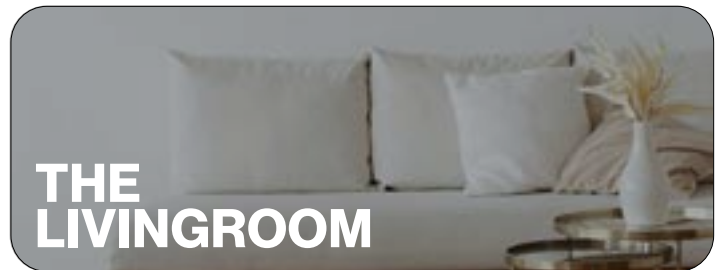
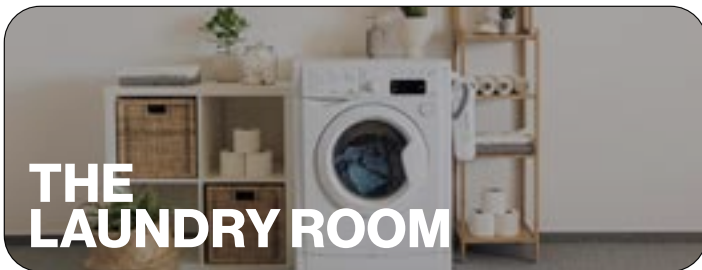
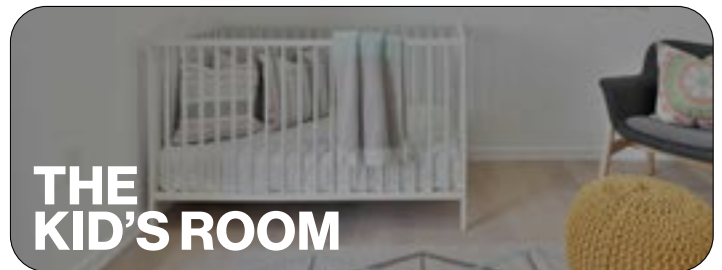
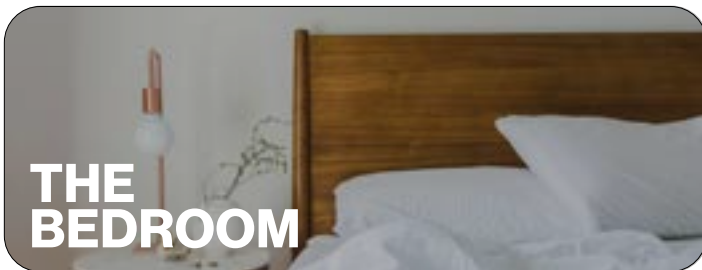
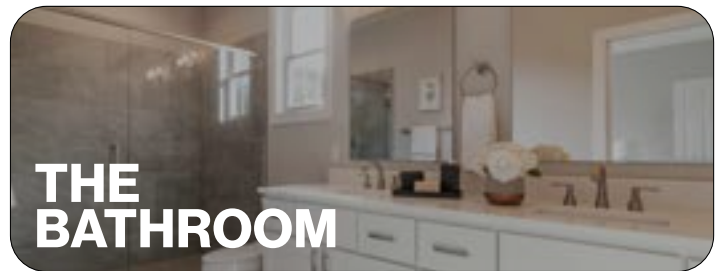
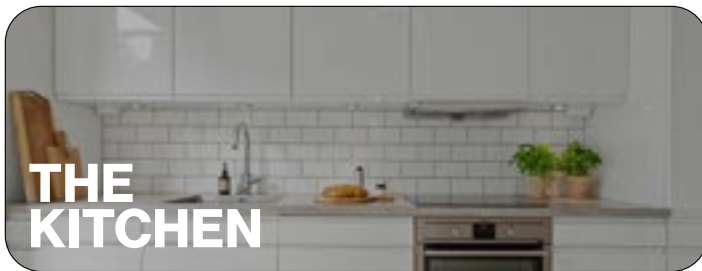


Indoor air can be even more polluted than outdoor air, carrying higher levels of plastic-related chemicals. Dust can trap harmful particles and microplastics, while scented air fresheners add even more chemicals to the mix. Try natural swaps like houseplants, dust surfaces weekly with a damp cloth, and sweep or vacuum regularly. When possible, open your windows for at least 15 minutes a day to clear out indoor pollutants and bring in fresh air.

# ROOM-BY-ROOM CHECKLIST FOR A SAFER HOME

Every room in your home contains items that may expose you to microplastics and chemicals, like cleaning supplies in the laundry room, skin care products in the bathroom, and cookware in the kitchen. But don't feel overwhelmed when making these simple swaps. Every change you make to unplastic your life creates a healthier home.

## LET'S GO ROOM-BY-ROOM



# THE KITCHEN

## Eat Fresh, Skip the Plastics

Our food is no place for plastic, yet the kitchen is one of the biggest sources of hidden toxics. Everyday items like cutting boards, storage containers, and cookware can release harmful chemicals and microplastics into your food. The risk increases when these materials are heated. Endocrine disrupting chemicals, like BPA, phthalates, PFAS, and other endocrine disruptors, have been linked to hormone disruption, fertility issues, allergies, asthma, and even certain cancers. The good news is that the kitchen is one of the easiest places to unplastic your life and reduce exposure.

### Food Storage Revolution

- **Containers:** Plastic containers can leach harmful chemicals like **BISPHENOLS** and phthalates into your meals, especially when hot. Replace plastic storage with glass, ceramic, and stainless steel alternatives. Consider reusing glass jars for storing food and beverages.
- **Wraps & Bags:** Instead of plastic cling wrap or sandwich bags, use beeswax wraps and cloth bowl covers. Skip the produce bags in the grocery store and bring reusable cloth bags when you can.

### Beverages: Ditch the Plastic Bottle Habit

- **Single-Use Bottles:** Not only do they generate waste, but the packaging can transfer toxics and microplastics into your drinks. Opt for reusable stainless steel or glass bottles.
- **Water Filters:** Glass pitchers or faucet-mounted water filters help to remove toxics from tap water. For the most robust filtration, opt for reverse osmosis systems.
- **Coffee & Tea:** Swap out plastic coffee pods and tea bags for ground and loose-leaf alternatives to avoid drinking microplastics.



#### **BISEPHENOLS**

Bisphenols (BPA, BPS, BPF) are chemicals used to make hard, clear plastics. They're notorious hormone disruptors linked to a range of health issues. While many products are now labeled "BPA-Free," they often contain sister chemicals like BPS or BPF, which can be just as harmful. Best to avoid microwaving food in any plastic or cleaning plastic containers in the dishwasher.

**PLASTIC ISN'T JUST ALL AROUND US**  
**IT'S INSIDE US**




## NONSTICK


“Nonstick” is a red flag for PFAS, also known as “forever chemicals.” Avoid any cookware that boasts about being “stain-proof” or “water-proof” without specifying that it’s PFAS-free.


## Cook & Clean Without Plastic

- **Cutting Boards:** Swap plastic for wood, whole bamboo, or titanium options.
- **Utensils & Tools:** Heat and friction can release harmful chemicals from plastic cooking tools and utensils directly into your food. Choose stainless steel, wood, or whole bamboo for your spatulas, whisks, and cutlery.
- **Cookware:** Older or scratched nonstick pots and pans may release **PFAS**, a suite of hormone-disrupting chemicals linked to health concerns. Replace nonstick/Teflon cookware with safer options like glass, stainless steel, ceramic, or cast iron.
- **Microwave:** Avoid heating food in plastic. If your takeout arrives in plastic containers, transfer them to safer storage when you get home.
- **Small Appliances:** Coffee makers, blenders, and kettles can all have plastic parts that come in contact with your drinks and food. When it’s time to upgrade, seek replacements with glass or stainless steel components.
- **Dishwasher:** Swap plastic-wrapped pods for fragrance-free tablets or powdered detergent in a cardboard box.
- **Sponges & Cloths:** Plastic sponges and microfiber cloths shed microplastics. Opt for wooden brushes with natural bristles, loofah sponges, or cotton rags.

## PLAST-ICK FAST FACTS

 **Sneaky Soda & Soup Cans:** Did you know most canned beverages and foods have a plastic lining?

 **Toxic Tea Bags:** Steeping a single polypropylene teabag can release up to 1.2 billion microplastic particles per milliliter of tea.<sup>2</sup>

 **Chewing Gum is Gross:** Most chewing gum is made from plastic and can release thousands of microplastics into your mouth in just a few minutes.<sup>3</sup>

# THE BATHROOM

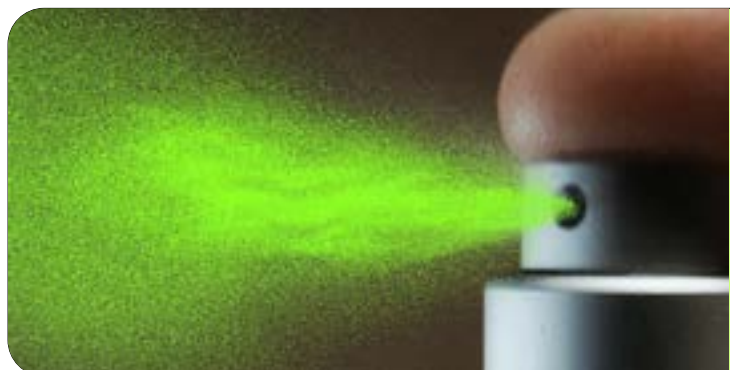
## Protect Your Beauty & Personal Care Routine

Your bathroom is where you start and end every day, but it's also full of products that can expose you to harmful chemicals. Everything you put on your body ends up on your biggest organ – your skin – which is no place for plastic!

From toothpaste to shampoo to hand soap, many conventional products are packed with synthetic fragrances, preservatives, foaming agents, and other chemical additives. On top of that, plastic packaging and tools – like toothbrushes, soap pumps, shampoo bottles, and toothpaste tubes – can leach toxics like BPA and phthalates over time. These simple swaps can make a big difference for your health.

### Decoding Your Bathroom Shelves

- **Deodorant & Body Wash:** Traditional options often include aluminum compounds, synthetic **FRAGRANCES**, and sulfates. Choose 100% natural deodorants that come in compostable cardboard tubes or a glass jar.
- **Cleaning Tools:** Loofahs, brushes, and applicators made from synthetic plastics can shed microplastics into the water and your body. Clean up with loofah sponges or organic cotton rags.
- **Vinyl Shower Curtains & Liners:** Choose curtains made from cotton, linen, or hemp.
- **Towels:** Select towels and washcloths that are made with organic fibers such as cotton, bamboo, or hemp.
- **Lip Balm & First-Aid Products:** Common balms, and their containers may include petroleum-based ingredients and plastics in scents. Use fragrance-free products with natural ingredients, preferably in paper or cardboard packaging.
- **Period Products:** Tampons, pads, and menstrual cups can be made with plastics, synthetic fibers, or contain harmful chemical residues. Choosing organic cotton or medical-grade silicone options helps reduce exposure. Refrain from using vaginal washes as they can disrupt pH balances and introduce harmful scented chemicals into your body.
- **Sunscreen:** Many chemical sunscreens contain ingredients that can harm marine life, and aren't ideal for your skin. Look for reef-safe sunscreens labeled as “mineral-based” or containing active ingredients like non-nano zinc oxide and non-nano titanium dioxide.
- **Cologne & Perfumes:** Watch out for **FRAGRANCES** or products that contain phthalates, parabens, microbeads, and silicones. A slew of harmful chemicals can be umbrellaed under the term “Fragrance.” Opt for products that are “fragrance-free” or scented only with third-party tested essential oils instead.



#### FRAGRANCE OR PARFUM

If you see “Fragrance” or “Parfum” on a label without specifics, be cautious. This single word can hide a cocktail of hundreds of chemicals, including phthalates – potent hormone disruptors. In the US, companies aren't required to disclose what's in their scent mixtures.

## Bars Are The New Trend For A Cleaner Look

- **Hand & Body Soap:** Switch to bar soap - it's the simplest, most plastic-free option. Not ready to ditch liquid soap? Try reusable glass or stainless steel dispensers with refillables.
- **Hair Wash:** Many shampoos and conditioners contain synthetic surfactants, preservatives, and fragrances. Plastic bottles can also leach harmful chemicals into these liquids over time. Look for shampoos and conditioners that are packaged in aluminum or glass. Or try shampoo bars and conditioners.

## Oral Care Overhaul

- **Toothbrushes:** Plastic toothbrushes eventually break down into microplastics. Opt for toothbrushes made with bamboo and castor oil bristles.
- **Toothpaste:** Swap traditional toothpaste for the latest toothpaste tablets or powders.
- **Floss:** Many conventional flosses are coated in waxes made from petrochemicals or PFAS. Use plastic-free 100% biodegradable silk or natural fiber floss.

## Beauty: Safe, Effective, and Low-Tox

- **Skincare:** Conventional products often include synthetic fragrances, **PARABENS**, and preservatives to enhance texture and longevity. While they feel great on the skin, these chemicals can be absorbed over time.
- **Makeup:** Many cosmetics contain heavy metals, synthetic dyes, and other additives. Packaging can also leach microplastics or other chemicals into products. Reducing the number of products you use and opting for cosmetics that use plant-based colors is the easiest way to reduce exposure.
- **Makeup Remover:** Avoid single-use face wipes, which often contain plastic fibers. Try reusable face cloths and bar soap or a **PARABEN**-free face wash.






### **-PARABEN**

Scan ingredient lists for anything ending in “-paraben” (like methylparaben, propylparaben, butylparaben). These synthetic preservatives are common ingredients in skincare, haircare, and makeup to improve product performance and shelf life. However, they can interfere with your body’s natural hormone function.

- **Mousses & Gels:** Use gels made with natural or low-tox ingredients that also nourish and strengthen hair.
- **Packaging:** Look for hair and makeup products packaged in reusable or refillable materials like aluminum bottles, glass jars, or pouches.



## PLAST-ICK FAST FACTS

-  **Ugly Truth About Beauty:** Did you know almost 9 out of 10 cosmetic products contain microplastics?<sup>4</sup>
-  **Wet Wipe Island:** When flushed, wet wipes can leach microplastics and clog up waterways – like the 180-ton mass removed from the River Thames in 2025.<sup>5</sup>
-  **Hazardous Hair Care:** Frequent use of chemical hair straightening products and relaxers is linked to a significantly higher risk of cancer.<sup>6</sup>

# THE BEDROOM

## Invest in Natural Fabrics When Possible

The bedroom is a smart place to continue your low-tox journey. Investing in cotton, linen, or other natural materials for your bedding and clothing helps reduce exposure to microplastics and chemical additives like dyes and flame retardants. Synthetic fabrics shed microplastics during both laundering and wear. When you sleep on synthetic sheets, fibers can later be absorbed through your skin. Some people also experience skin irritation due to these materials!



### **POLYESTER, NYLON, ACRYLIC, AND SPANDEX**

Fabrics like Polyester, Nylon, Acrylic, and Spandex are all forms of plastic. When you wear and wash them, they release thousands of tiny microplastics into the environment and the air you breathe.<sup>7</sup> You can also absorb these chemicals through the skin, especially while working up a sweat!

### **Unplastic Your Wardrobe**

- **Clothing:** Prioritize cotton (organic if possible), linen, hemp, wool, and Tencel/Lyocell. Second-hand clothing is a sustainable and sometimes safer option.
- **Exercise Appeal:** Gym clothes, sports uniforms, and swimsuits are often made from **SYNTHETIC POLYMERS**. Check your tags and upgrade synthetic clothes to natural fabrics for your workout wear.

### **A Natural Home**


- **Bedding:** Choose sheets, duvets, blankets, and pillow cases made from natural fibers.
- **Window Treatments:** Choose curtains or blinds made from natural fibers like linen, organic cotton, or bamboo. Wooden shutters are another great, plastic-free option.
- **Lighting:** Opt for light fixtures made from glass, metal, whole bamboo, or ceramic.


**PLASTIC ISN'T JUST A POLLUTION ISSUE,  
IT'S PERSONAL.**




## PLAST-ICK FAST FACTS

### Stop Wearing Plastic

 **Yoga Pants:** A single pair of polyester leggings can shed over 400,000 microplastic fibers in a single wash.<sup>8</sup> Synthetic activewear can also release toxic chemicals that are absorbed into your bloodstream when you sweat.

 **Synthetic Bedding:** Polyester and acrylic blankets and comforters contribute to microplastic dust in your bedroom, which you inhale as you sleep.

 **Your Plastic Footprint:** The soles of most shoes are made of synthetic rubber and plastics that wear down into microplastic dust on our streets and in our homes.

# THE KID'S ROOM

## Play Safe, Grow Healthy

Kids and babies are especially sensitive to harmful chemicals because their bodies and brains are still developing. Children can be exposed to hormone disruptors by sucking on toys, wearing certain clothes, eating, or drinking. They're also vulnerable to these chemicals when crawling on floors, where dust and carpet fibers often carry harmful substances. These exposures, even at low levels, can affect growth, hormones, brain development, and lifelong health. Focus on swapping the items children touch or put in their mouths most to keep their environment safer.

### Our Babies are No Place for Plastic!

- **Baby Bottles:** Many plastics can leach BPA, phthalates, and other endocrine-disrupting chemicals – especially when exposed to heat. Choose glass or stainless steel bottles and high-grade silicone nipples. Discard bottle nipples as soon as you see any signs of usage.
- **Pacifiers:** Teething babies are vulnerable to ingesting microplastics when given silicone pacifiers or teething toys. When possible, opt for pacifiers that are 100% high-grade silicone and replace them as soon as you see any signs of wear.
- **Diapers:** Some diapers and fabrics are treated with chemicals to increase absorbency or durability, which can irritate skin and may contain compounds that are not well-regulated. Consider using cloth diapers instead of disposable options, which are largely made from plastics.
- **Bibs:** Swap vinyl bibs for options made of organic cotton or food-grade **SILICONE**.
- **Blankets & Rugs:** Choose natural fibers, like organic cotton or wool, to reduce exposure to synthetic materials and microplastics.
- **Nursery Furniture:** Buy solid wood furniture with non-toxic finishes instead of plastic or particleboard items when possible.



#### **SILICONE**

While silicone is a popular alternative to plastic, look for products that go in your baby's mouth that are explicitly labeled "100% food-grade" or "medical-grade" silicone. Lower-quality silicone can sometimes contain fillers or additives. A quick pinch test can provide clues about the quality of silicone. If you twist the silicone and see white, it's probably low-quality. If it stays the same color, it's more likely to be food or medical-grade.

## Healthier for Children





- **Foam Playmats:** Those interlocking foam mats are often made from EVA or PVC foam, which can off-gas harmful chemicals. Use organic cotton play mats, cork mats, or a tightly woven wool rug.
- **Stuffed Animals:** Many cuddly toys are made from synthetic fabrics that shed microplastics and can be treated with flame retardants. Look for stuffed animals made from organic cotton, wool, or hemp.
- **Toys & Games:** Many plastic toys contain phthalates, PVC, or other toxics. Look for toys made from wood, natural rubber, and fabric.
- **Art Supplies:** Many crayons, paints, and markers contain plastics and other synthetic ingredients. Look for beeswax crayons, plant-based paints, and paper.
- **Sippy Cups:** Select stainless steel sippy cups.
- **Clothes & Costumes:** Choose costumes and daily wear made from natural fibers like cotton or wool, avoiding synthetic materials like polyester.
- **Bubble Bath Solution:** Many bubble baths contain synthetic fragrances and surfactants. Look for simple, fragrance-free castile soap or products scented only with third-party tested essential oils.



### PVC

PVC (Polyvinyl Chloride), often labeled with the recycling number 3, is one of the most toxic plastics. It can leach harmful chemicals like phthalates, which are added to make it soft and flexible. Avoid PVC in toys, teething rings, and playmats whenever possible.

## PLAST-ICK FAST FACTS

-  **Baby Bottles:** Heating or sterilizing plastic baby bottles releases massive amounts of microplastics. Bottle-fed babies could be consuming over 160 times more microplastics than the average adult.<sup>9</sup>
-  **Very Dirty Diapers:** The average baby uses thousands of disposable diapers, each containing plastics that will take centuries to break down in a landfill.
-  **Plastic Straws:** These are a major source of pollution, but did you know they also shed microplastics directly into your child's drink?
-  **Rubber Ducks:** Many soft plastic bath toys are made from PVC and can grow mold and bacteria on the inside, releasing these harmful substances into the bathwater.

# THE LAUNDRY ROOM

## Fresh Clothes, Fewer Chemicals

Your laundry and cleaning products make your home smell fresh and look spotless, but so many of them hide a cocktail of harmful chemicals. Ingredients in detergents, fabric softeners, and cleaning sprays often include synthetic fragrances, surfactants, solvents, preservatives, and antibacterial chemicals. Many of these have been linked to hormone disruption, allergies, asthma, respiratory issues, and skin irritation – not to mention the environmental impact when these chemicals wash down the drain and enter waterways.

Plastic packaging adds another layer of concern. Many cleaning bottles, sponges, and microfiber cloths are made from plastics that shed microplastics during use and disposal, contributing to water pollution and further harmful chemical exposure.

### Detergents Without Detergents

- **Laundry Pods:** Skip detergent pods that come wrapped in plastic (PVA) and contain concentrated chemicals. Use fragrance-free powders or liquids.
- **Fabric Softeners:** Most contain synthetic chemicals and fragrances. Add a half-cup of white vinegar to the rinse cycle for a natural softening effect.
- **Laundry Scent Boosters:** These often contain harsh chemicals. Sprinkle baking soda into your wash to boost cleaning power and neutralize odors naturally.
- **Dryer Sheets:** Single-use items that coat fabrics with synthetic fragrances. Consider skipping the sheets.

### Cleaner Cleaning Supplies

- **Disinfectants:** Commercial cleaners often contain a cocktail of chemicals. Consider making your own non-toxic version with water and vinegar in a reusable glass spray bottle.
- **Sponges & Cloths:** Plastic sponges and microfiber cloths shed microplastics. Clean with wooden brushes with natural bristles, loofah sponges, or cotton rags.
- **Gloves:** Always wear nitrile or neoprene gloves when cleaning with hazardous cleaners, like solvents, ammonia, or bleach.






### FABRIC SOFTENERS AND DRYER SHEETS

Skip fabric softeners and dryer sheets since they add unnecessary chemicals and don't improve cleanliness or softness. "Free and clear" or "unscented" doesn't guarantee safety. These terms aren't regulated, and products may still contain hidden chemicals. For safer laundry, choose fragrance-free detergents and study ingredient labels; look for natural basics like Castile soap, vegetable glycerin, fruit oils, water, or baking soda.

- **Brooms & Mops:** Sweep and mop often to prevent harmful dust buildup. Use cleaning tools made from natural fibers when possible.
- **Vacuum:** When your current vacuum is ready to be replaced, consider upgrading to a model with an HEPA filter.



## PLAST-ICK FAST FACTS

-  **Hidden In Plain Scent:** That “fresh lemon” scent in your all-purpose cleaner? It often comes from a chemical cocktail listed simply as “fragrance,” which can include hormone-disrupting phthalates that you can inhale or absorb through your skin.
-  **Toxic Tumble:** Dryer sheets are typically made from polyester (a plastic) coated with synthetic fragrances that can leave a chemical residue on your clothes and vent into your home’s air.
-  **An Invisible Avalanche:** A single load of laundry containing synthetic fabrics can release hundreds of thousands of microplastic fibers into the wastewater system<sup>10</sup>, which can end up in our oceans and food chain.

# THE LIVING ROOM

## Create a Healthy Haven for Family Time

Turn your living room into a healthier, plastic-light space by choosing natural fabrics and cutting back on plastic-coated surfaces. You can make your space more sustainable without breaking the bank. Shifting to plastic-free items made from natural materials is an investment in quality, durability, and reduced health risks for the whole family.

### Natural Furniture & Decor

- **Seating & Tables:** Prioritize furniture and products made with wood, glass, wool, cotton, or linen.
- **Storage:** Replace plastic storage containers with natural baskets made from jute, rattan, or seagrass.
- **Blankets & Pillow Covers:** Replace polyester, fleece, and nylon blankets and pillow covers with organic cotton or wool throws.
- **Window Treatments:** Choose curtains or blinds made from natural fibers like linen, organic cotton, or bamboo. Wooden shutters are another great, plastic-free option.
- **Lighting:** Brighten your space with light fixtures made from glass, metal, whole bamboo, or ceramic instead of plastic.
- **Scented Candles:** Skip synthetic air fresheners and choose natural options instead: essential oil diffusers, simmer a pot with organic herbs and fruits, or houseplants.



### PHthalATES

Phthalates are used to make plastics soft and flexible, and are commonly found in toys for pets and children, vinyl shower curtains and flooring, and synthetic fragrances like air fresheners and candles.

### Happy, Healthier Pets

- **Toys:** Choose pet toys made from natural materials, like rubber, cotton, or wool, and avoid plastic toys that may contain BPA or PHTHALATES.
- **Water & Food Bowls:** Prioritize pet bowls made from stainless steel, ceramic, or glass instead of plastic to prevent chemical leaching into their food and water.
- **Beds:** Look for pet beds made with natural fibers like cotton or hemp, and wash your pet's bedding regularly to minimize dust and harmful chemical buildup.
- **Grooming:** Use fragrance-free, hypoallergenic pet shampoos and avoid products with synthetic fragrances or parabens.
- **Cleaning:** Vacuum and dust areas where your pet spends time to reduce chemical-laden dust, and use fragrance-free kitty litters and deodorizers.

## Flooring & Carpets

- **Rugs:** Avoid synthetic rugs and carpets, as they may have toxic chemicals or fibers. Select floor covering made from natural fibers like wool, jute, sisal, or organic cotton.
- **Floors:** When renovating, consider replacing synthetic flooring materials with natural options like sustainably sourced cork, bamboo, reclaimed wood flooring, or eco-friendly ceramic tiles.

**IT'S TIME TO TAKE CONTROL AND  
UNPLASTIC YOUR LIFE.**

## PLAST-ICK FAST FACTS



**Scented Candles:** Many scented candles are made from paraffin wax, a petroleum byproduct that releases toxic compounds when burned, and synthetic fragrances containing phthalates.



**Dust Bunnies Aren't Cute:** Household dust is a magnet for microplastics and the chemicals they carry, like flame retardants from electronics and phthalates from vinyl flooring.



**Pets Are Vulnerable:** Pets often have higher levels of plastic-related chemicals in their bodies than their owners, likely because they spend more time on the floor and groom themselves.

# BEYOND THE HOME

## Avoiding Plastics On-the-Go

While you can't control every situation outside your home, you can take charge of the choices you do have.



### The “Away Game”: Reducing Plastics When Out and About

- ✓ Pack reusable water bottles, thermoses, cutlery sets, straws, and shopping bags
- ✓ Avoid plastic-lined takeaway cups used for coffee and tea
- ✓ Packing lunches in non-plastic containers
- ✓ Saying no to unnecessary single-use items when eating out or getting takeout
- ✓ Try to avoid handling receipts, opting for an emailed copy or declining one if you don't need it
- ✓ Avoid using air fresheners in the car and open the windows once to naturally filter out the air.

## PLAST-ICK FAST FACTS



**To-Go Cups:** That paper cup for your coffee is likely lined with a thin layer of plastic that can leach into your hot drink, and the black plastic lid is often made from recycled electronics.



**In Hot Water:** Leaving a plastic bottle in the sun or a hot car can cause harmful chemicals to leach into the beverage at a much faster rate.



**Receipts:** The thermal paper used for most store receipts is coated with BPA or a sister chemical that can be absorbed directly through your skin.

## Endnotes

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