



Citizens Against Ruining the Environment



Who We Are and Why We're Needed

Registered 501(c)(3) nonprofit established in 1995

Citizens Against Ruining the Environment

Who we are and why we're needed



All-Volunteer

People would not give up their free time if they were not truly concerned about what happens to the environment.

We go after tough local problems, but air and water pollution know no boundaries. What happens in one community will eventually affect all of us.



Dependable team

Much of the day-to-day legwork on environmental issues is done by smaller, local groups like CARE, not by larger nonprofits with substantial resources or by taxpayer-funded agencies.



Citizens Against Ruining the Environment

Who we are and why we're needed



Improving regulations

Environmental nonprofits bring lawsuits on behalf of ordinary citizens.

These lawsuits are crucial to amending our existing regulations.

We can no longer count on legislatures to step up on their own to protect the environment.



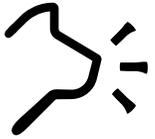
Trustworthy partnerships

We have partnered with the Greater Chicago Legal Clinic and larger nonprofits to assist us with regulatory concerns and citizen lawsuits in Will County.



Citizens Against Ruining the Environment

Who we are and why we're needed



Community watchdogs

We advocate for a different and cleaner future by discouraging the development of heavy industry in and around Will County.

Instead, we aim to establish a new legacy of respect for the environment and human health.



Learning opportunities

Our work provides hands-on learning opportunities for law and business school students at Chicago universities.

We help local-area high school students complete community service hours needed for graduation.



There Is Never a Shortage of Tough Issues...

In 2025, CARE celebrates 30 years of environmental activism!



Incinerator | 1995

Defeated a proposal for the construction of an incinerator in Lockport intended for burning toxic wood debris.



Midwest Gen | 1995

Pushed for closure of highly polluting coal-fired power plants that had been exempted from 1970 Clean Air Act regulations.



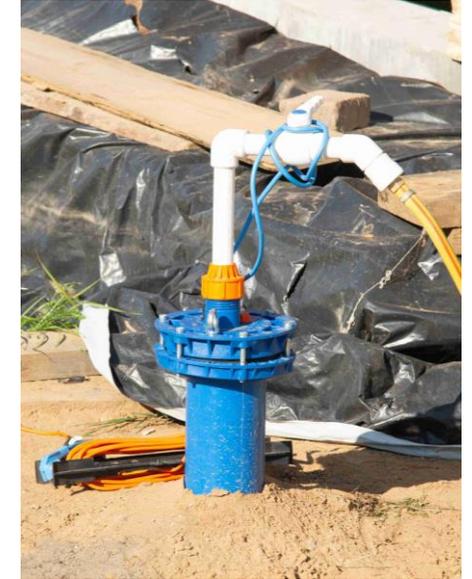
Texaco | 1995

Our investigation exposes closed Texaco refinery as heavily polluted site. Illinois AG issues substantial fines. Cleanup accelerated.



Acme Barrel | 2000

Prevented a Chicago hazardous waste barrel reconditioning plant from relocating to closed Texaco refinery site in Lockport.

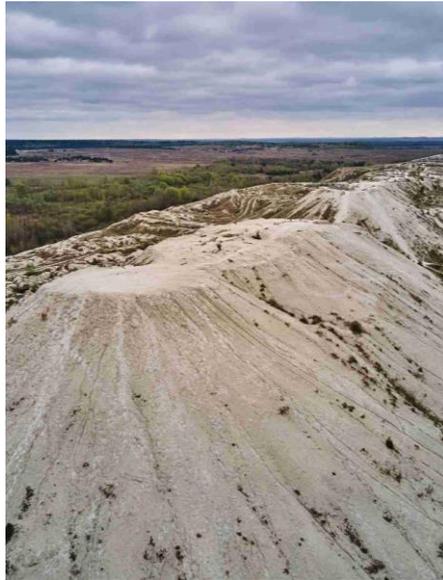


Residential Wells | 2006

Assist residents on private wells with EPA's Community Right-to-Know Act and industry groundwater drawdown issues.

There Is Never a Shortage of Tough Issues...

In 2025, CARE celebrates 30 years of environmental activism!



Olin Chemical | 2006

Opposed plan for phosphogypsum hazardous waste landfill. CARE helps form Citizens Advisory Committee.



Cogent | 2007

Opposed plan for crude oil depot at Texaco site. Freight traffic, pipeline, groundwater and noise issues.



Coal Ash Storage | 2015

Request complete removal of toxic coal ash from Lincoln Stone Quarry, not cap and leave-in-place method. **Ongoing case.**



Hanson | 2020

Campaigned to prevent new quarrying activity in local rare ecosystem. Unable to stop federal permit issued to Hanson Material Services.



Regulating PFAS | 2022

Water in parts of Will County show PFAS levels greatly exceeding federal health advisory levels. **Ongoing case.**

We Do More than Just Litigation...

In 2025, CARE celebrates 30 years of hard work!



City Committee | 1995

Lockport establishes beautification committee on behalf of our community cleanup efforts.



Earth Day | 1995

Launched Lockport's first official Earth Day celebration to create public awareness of environmental issues.



Easement | 2000

Helped create first conservation easement in Lockport by saving pine tree habitat in established neighborhood.



Earth Hour | 2009

Requested city to take part in turning off unnecessary public lighting for one hour as part of annual global Earth Hour event.



Annual Seed Exchange

Event held to educate public on need for biodiversity. Promote use of open-pollinated, organic, non-GMO and heirloom seeds.



LIFE WITH LESS PLASTIC

PRESENTED BY

CITIZENS AGAINST RUINING THE ENVIRONMENT

JUNE 3, 2025



We are here to talk about how we can manage with less plastic in our lives.

Because we know that plastic waste is a *global ecological crisis*.

A stack of discarded food containers and paper bags, illustrating environmental waste. The image is a close-up shot of a pile of trash, including several white styrofoam takeout containers and brown paper bags, some of which are crumpled and partially open. The background is blurred, showing what appears to be a street scene with buildings and possibly other people, but the focus is on the waste in the foreground.

Putting faith in politicians, big business, and even well-meaning environmental groups to fix this problem for us has not worked.



The bottom line?

We must stop our personal use of plastic whenever and wherever we can do so.

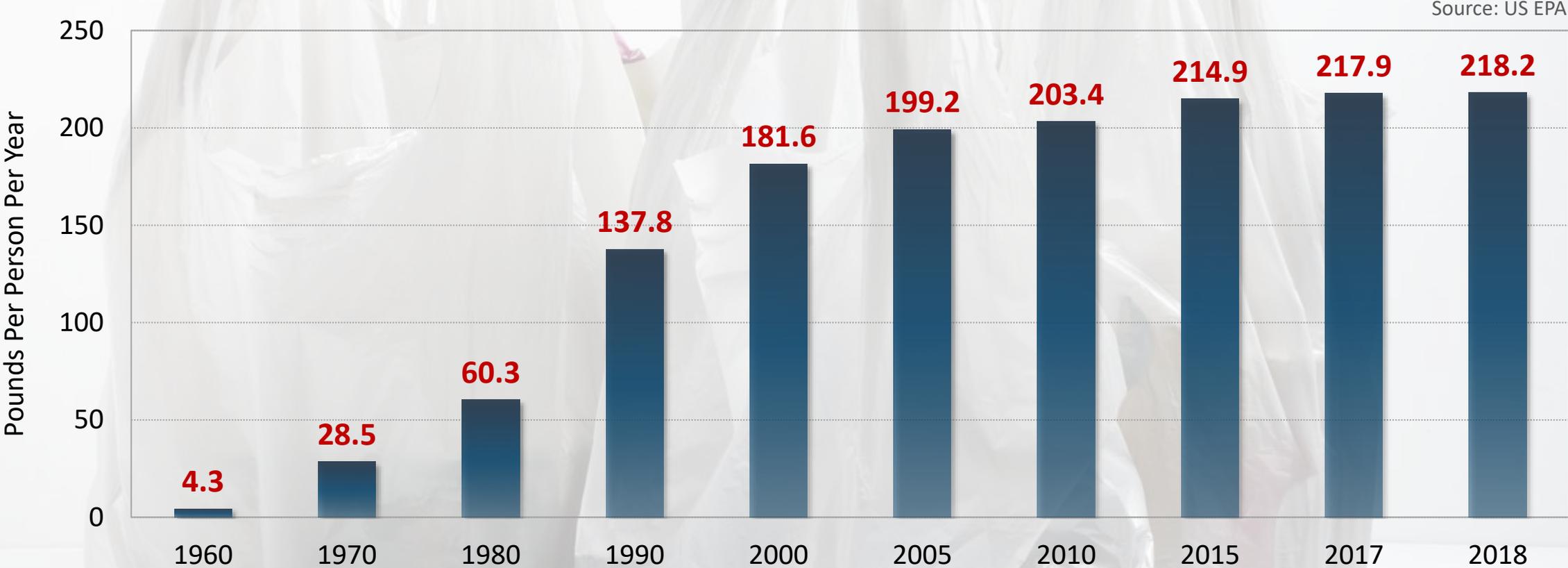


When enough of us start doing
this, there's a chance real change
will take place.

Let's get started...

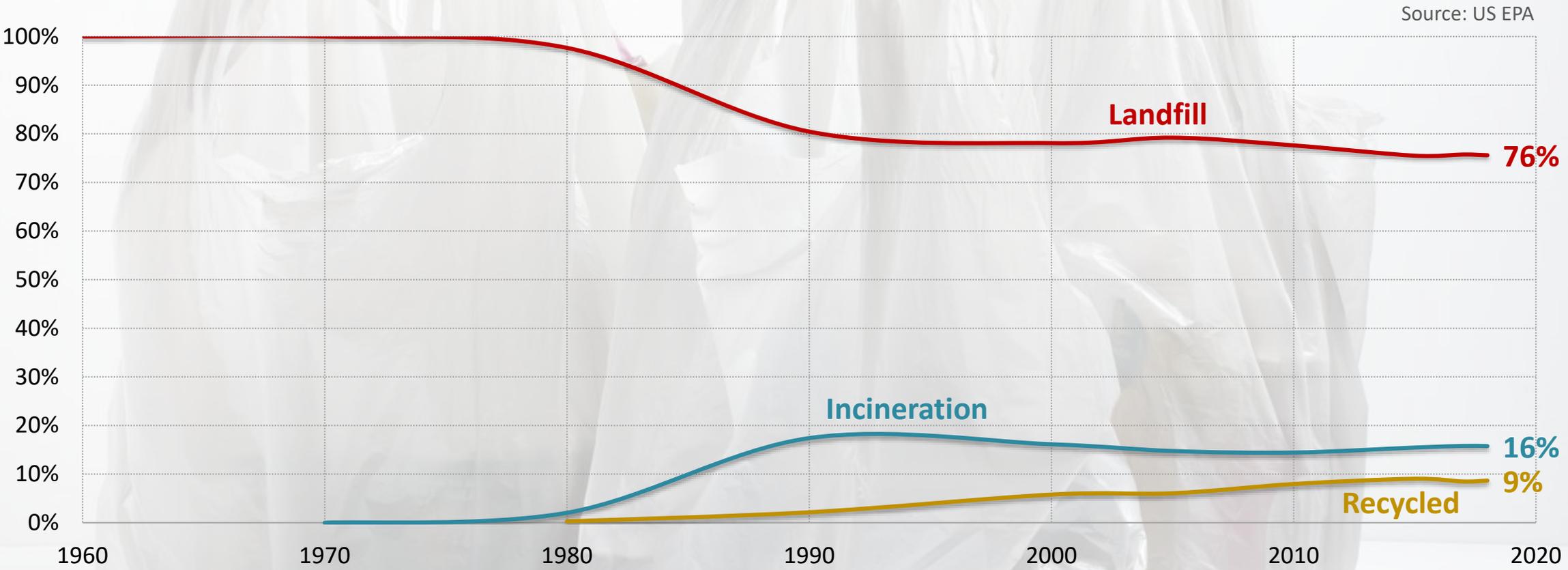
Plastic Waste Generated Per Person Per Year in the U.S.

Plastic is very lightweight. Wow, this is a lot of plastic!



Where Our Plastic Waste Ends Up in the U.S.

Most of the municipal plastic waste generated in the U.S. has been sent to landfills



Now Plastic Has Been Found in the Human Body

Suspected routes of entry for microplastics and nanoplastics (*and PFAS chemicals*)

Yee, Maxine Swee-Li, et al. "Impact of Microplastics and Nanoplastics on Human Health."

Nanomaterials, vol. 11, no. 2, Feb. 2021, p. 496. *PubMed Central*, <https://doi.org/10.3390/nano11020496>.



Ingestion

Direct Eating/Drinking

Contamination/particles in food

Contamination/particles in beverages



Inhalation

Airborne Particles

Shed from synthetic textiles

Shed from tires

Carried by lake and ocean aerosols

Dispersed from wastewater treatment biosolids used as agricultural fertilizer



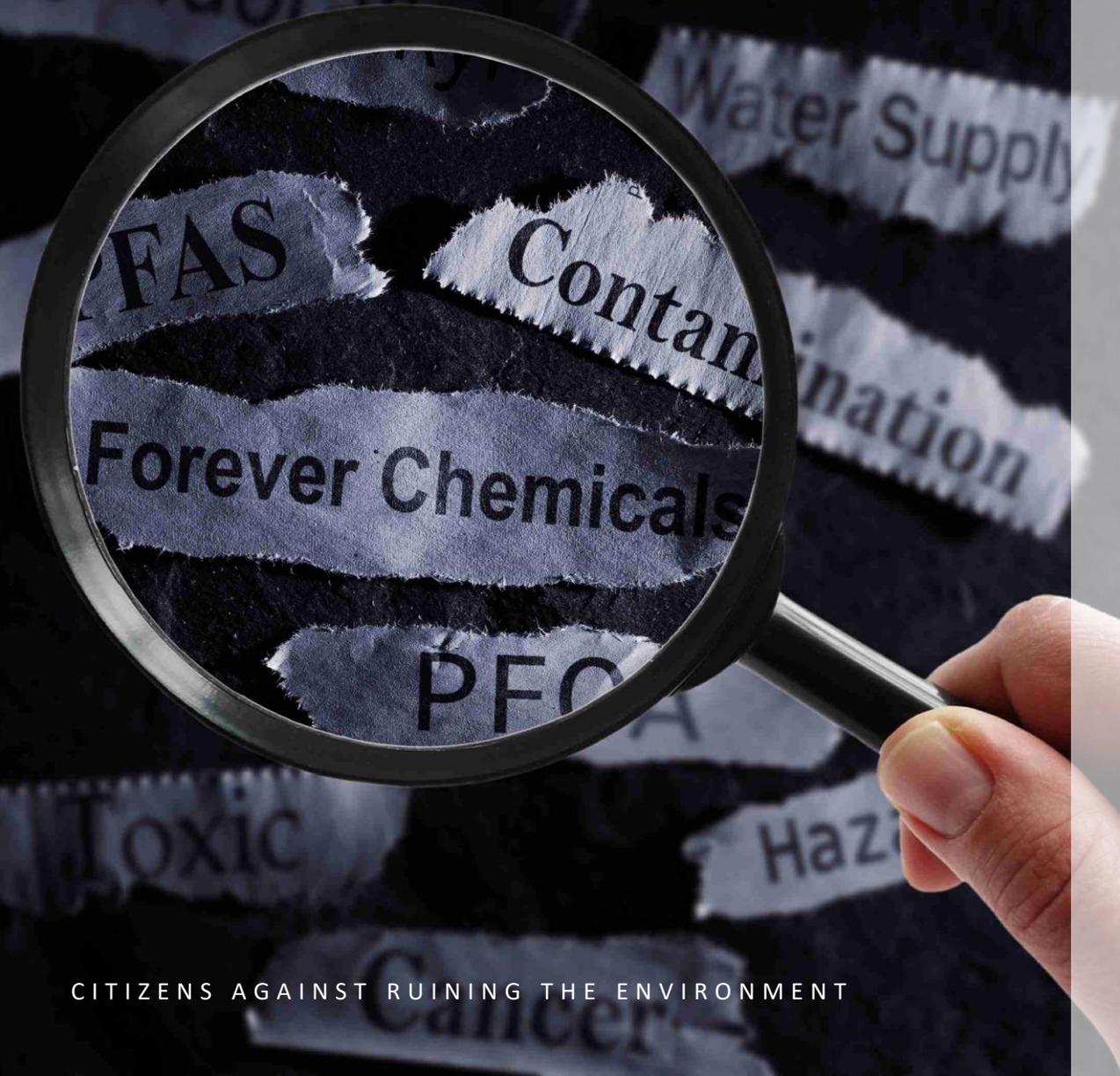
Skin

Wounds/Weakened Skin Barrier

Contamination/particles in water

Contamination/particles in health and beauty products

Released into the air, water, and soil. Harmful effects on human health now receiving widespread attention.



PFAS Chemicals

Long used in the manufacturing of plastics

The PFAS group of chemicals are found in many consumer, commercial, and industrial products.



PERSONAL CARE PRODUCTS



NONSTICK COOKWARE



WATER/STAIN RESISTANT COATINGS



ELECTRONICS



PAINT, POLISH, WAX



PESTICIDES, HERBICIDES

Your Homework Assignment

Three **plastic awareness** challenges to try

CHALLENGE #1



**PLASTIC IN
THE KITCHEN**

CHALLENGE #2



**HOUSEHOLD
PLASTICS FOOTPRINT**

CHALLENGE #3



**SWAP OUT PLASTIC
FOR PLASTIC-FREE**

Challenge #1

This is a two-part challenge



Pick

Pick any recipe and prepare it with ingredients you have on hand.



Pick

Pick out your favorite recipes and plan a trip to the grocery store.



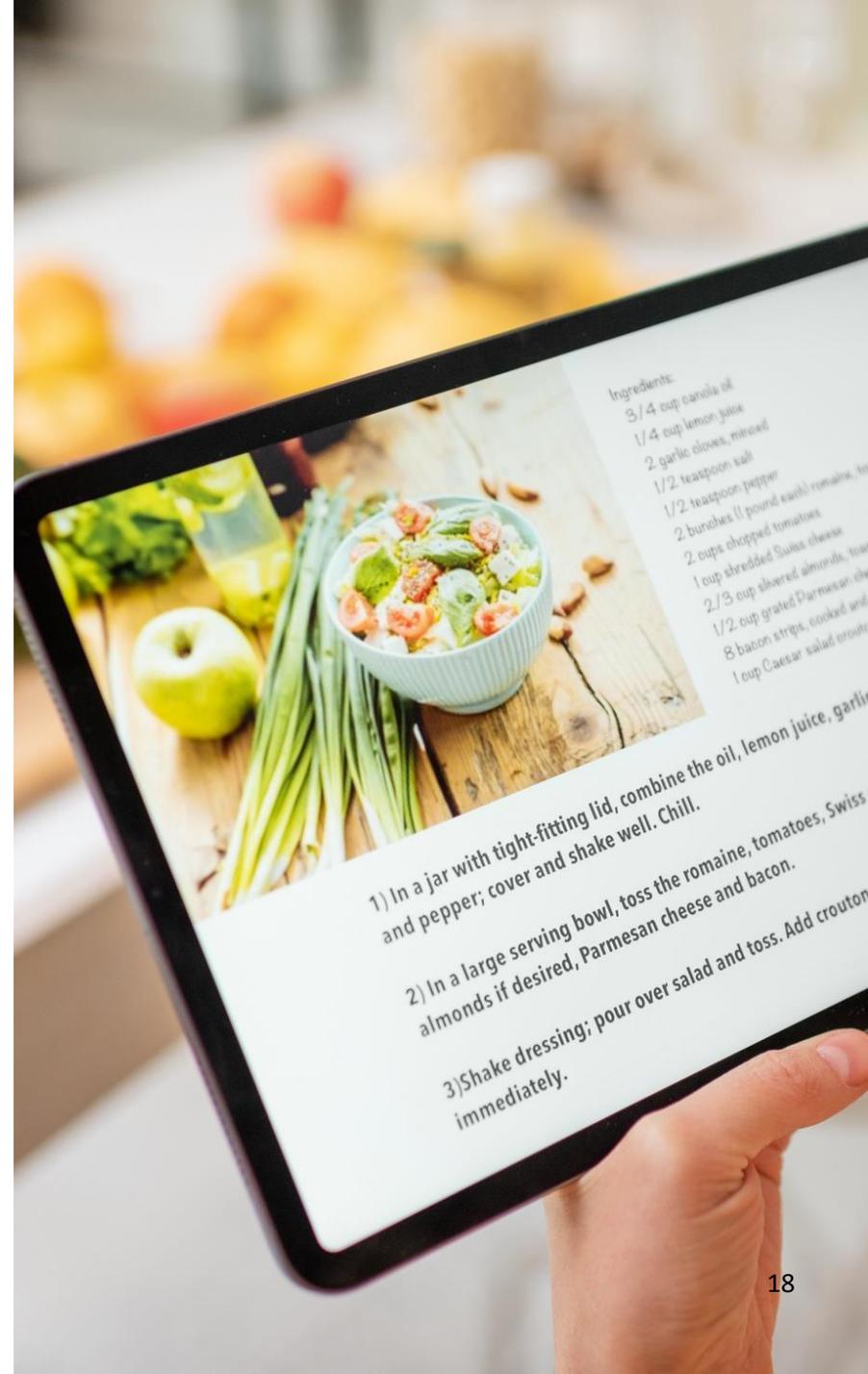
Keep track

Keep track of how many of the ingredients are packaged in plastic.



Shop and purchase

Try to buy the ingredients you need in packaging free of plastic.



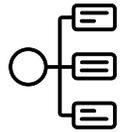
Challenge #2

Household plastics footprint



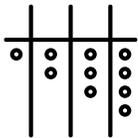
Set aside

For one week, set aside all **plastic or mixed plastic** items your household recycles or throws out.



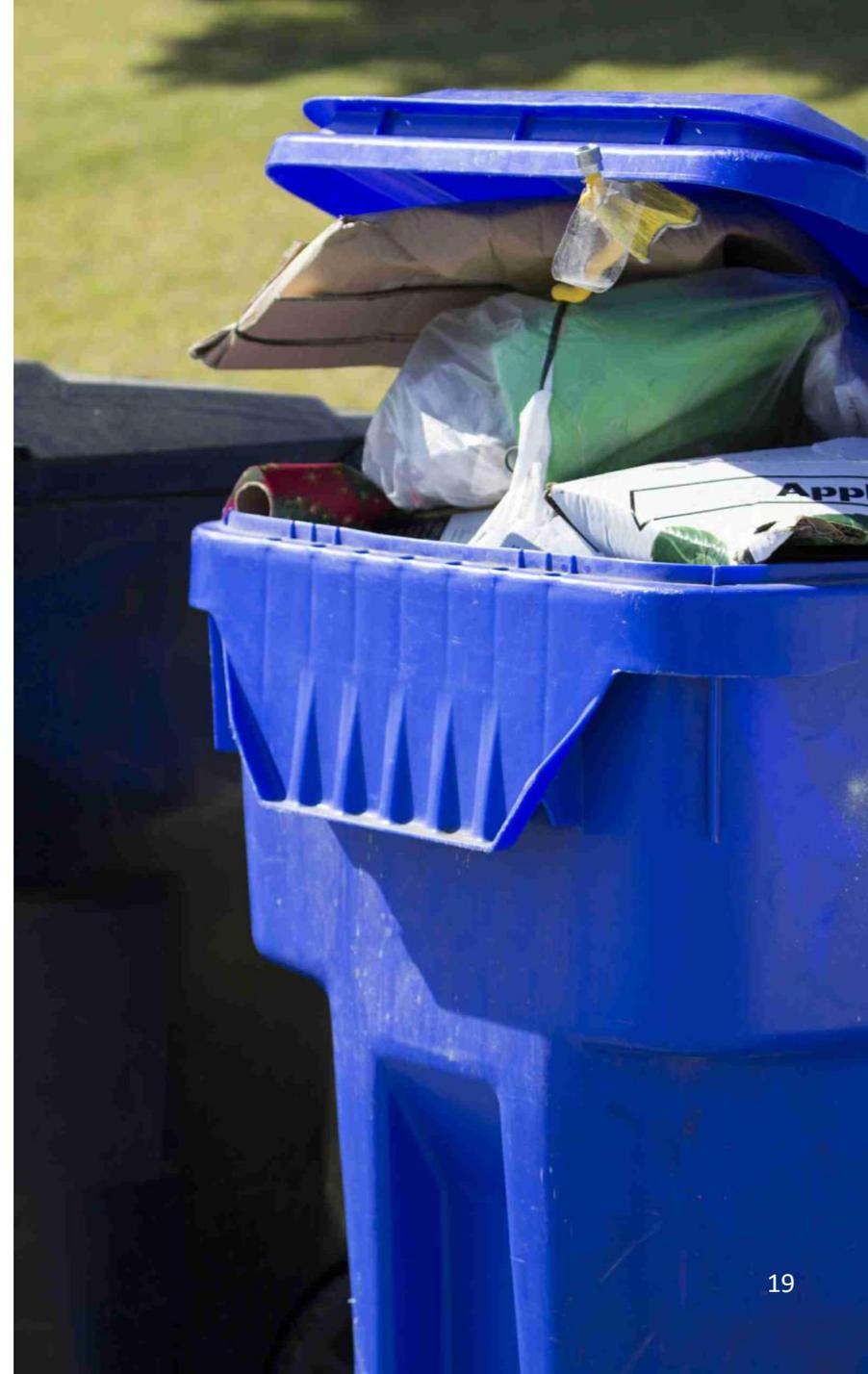
Sort

Sort the items using any categories you want – for example, water bottles, jugs, and to-go food containers.



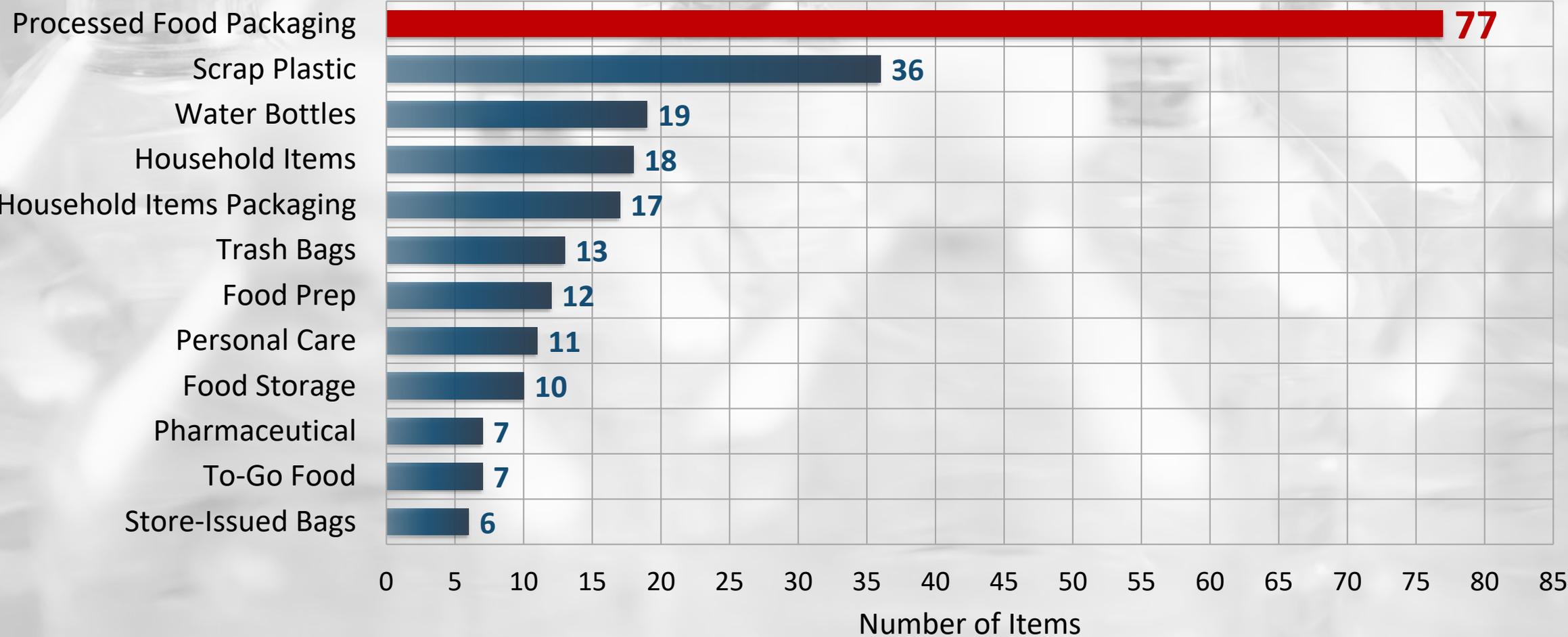
Count

Count the number of items in each category. **This is your household plastics footprint.** Are there any surprises?



What One Household's Footprint Looks Like

Count of plastic/mixed plastic items for two people over seven days in 2022



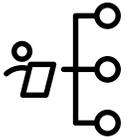
Challenge #3

Swap out plastic for plastic-free



Choose

Choose one plastic habit in your life. Focus on easily accessible, single-use/throwaway plastic items.



Research and replace

Research some reusable, non-plastic alternatives. Remember to put your health and your family's health first.



Other alternatives

Reusable long-lasting plastic, home compostable materials.





A GOOD FIRST COMMITMENT: NO PLASTIC OR PAPER CARRYOUT BAGS

CHOOSE REUSABLE BAGS MADE FROM
NATURAL FABRICS INSTEAD

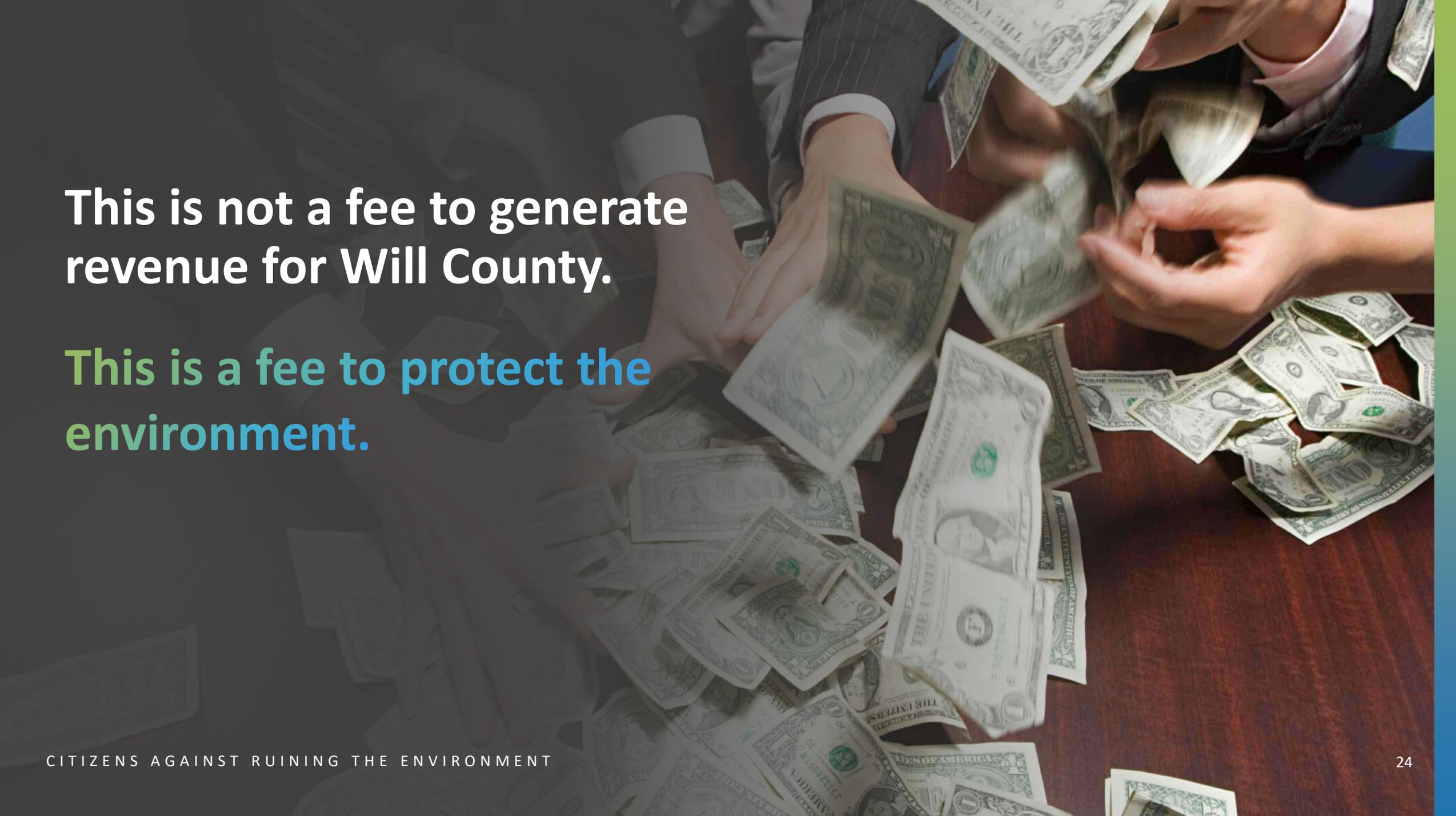
Adopt a fee in Will County for single-use plastic or paper carryout bags

The tax is one dollar (\$1.00) per single-use plastic or single-use paper bag provided at the checkout.

At the start of the program rollout, Will County will supply free reusable bags.

The free bags are made from cotton to avoid the shedding of microfibers into the environment from synthetics.





This is not a fee to generate revenue for Will County.

This is a fee to protect the environment.

What is the reason for a fee on single-use bags?

To reduce environmental impacts to Will County communities by reducing the number of bags used.

Numerous studies have shown that a mandatory tax on single-use bags **significantly reduces the number used.**





Why the focus on **single-use plastic bags?**

Plastic bags are “plastic film” and require separate handling to be recycled. There is a **serious lack of transparency on plastic bag recycling in the U.S.**

Plastic bags take up space in landfills, litter communities, block storm drains, and endanger wildlife.

Plastic bags damage traditional recycling facility equipment. Recycling contaminated with plastic bags is sent to landfills instead of sorted.

Why the focus on paper bags?

Paper bags can be recycled, but only if they are not contaminated with food or liquids or mixed/coated with other non-recyclable materials.

Disposing of paper bags uses valuable landfill space and contributes to the release of greenhouse gas emissions.

Manufacturing paper bags consumes large amounts of water and energy and can contribute to deforestation if not managed responsibly.

Which businesses are required to collect the **fee on carryout bags?**

All retail stores that are 3,000 square feet or larger in size must charge the fee.

Examples include, but are not limited to convenience stores, department stores, retail chain stores, hardware stores, and grocery stores.



Who/What is exempt from the fee on carryout bags?

Prescription drugs, newspaper sleeves, dry cleaning bags, bags for trash/waste, bags provided at seasonal events, bags for purchasing items in bulk, bags to hold perishable items.

Food service establishments.

Retail stores less than 3,000 square feet in size.

Customers participating in federal or state food assistance programs.





What will the fees be used for?

For each one-dollar tax, fifty cents (\$0.50) is to be retained by the store and fifty cents (\$0.50) will go to Will County.

Retailers can use the revenue to offset the cost of supplying single-use bags to their customers.

The fees submitted to Will County will be used to fund sustainability projects.

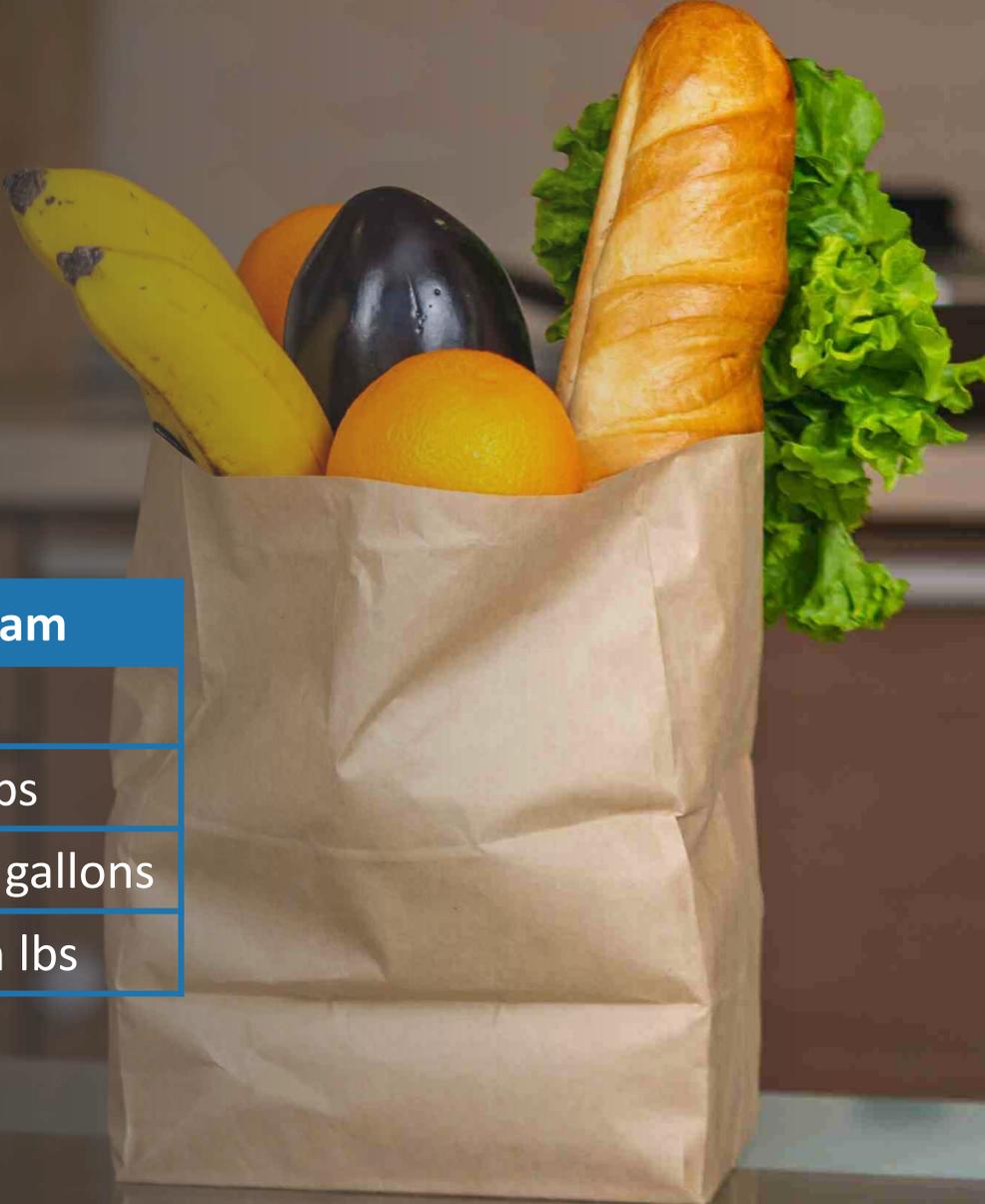
Potential revenue from fees on plastic and paper bags

U.S. Census shows 241,310 Will County households with an average of 2.86 people per household. Assume each household uses 2.86 plastic bags and 1.43 paper bags per week.

At \$1.00 per bag, the revenue would be **\$17.9 million for plastic bags** and **\$9 million for paper bags** in the first year. Revenue in subsequent years will decrease if the bag fee works as intended.



Impact of Will County households using fewer plastic and paper bags



Estimated Environmental Savings in First Year of Program

Impact	Plastic Bag	Paper Bag
Greenhouse gas emissions	2.4 million lbs	2 million lbs
Fresh water	1.4 million gallons	18 million gallons
Solid waste	369,000 lbs	1.3 million lbs

Categories to consider for **Challenge #3**



Grocery shopping



Beverage



Kitchen



On-the-go eating



Personal care



Household cleaning



Laundry



Synthetic textiles

NO
MORE
PLASTIC

GROCERY SHOPPING IDEAS

1. Cotton shopping bags
2. Hemp shopping bags
3. Cotton mesh produce bags
4. Buying in bulk



NO
MORE
PLASTIC

Grocery Shopping Ideas

Let's break the plastic habit!



COTTON SHOPPING BAGS

Choose machine-washable natural fiber cotton bags. Avoid synthetics to reduce the shedding of non-biodegradable fibers into the environment.



HEMP SHOPPING BAGS

Hemp is a good choice for a natural fiber bag. Avoid synthetics to reduce the shedding of non-biodegradable fibers into the environment.



COTTON PRODUCE BAGS

Skip the plastic produce bags and use reusable, breathable cotton or cotton mesh bags instead. Avoid bags made from synthetic materials.



CONSIDER BUYING IN BULK

Some stores sell food in bulk to reduce packaging. If buying in bulk is an option, find out if you can bring your own fabric bags or glass/metal containers.

BEVERAGE IDEAS

1. **Water filter**
2. **Stainless steel water bottle**
3. **Glass water bottle**
4. **Stainless steel straws**
5. **Silicone straws**
6. **Aluminum party cups**
7. **Stainless steel hot cup**
8. **Glass hot cup**
9. **Reusable coffee pods**
10. **Stainless steel tea strainer**



NO
MORE
PLASTIC

Beverage Ideas

Let's break the plastic habit!



FILTER YOUR TAP WATER

Kick the water bottle habit by running your own tap water through an activated carbon or a reverse osmosis filter to remove PFAS and microplastics.



STAINLESS STEEL WATER BOTTLE

Lightweight, durable, non-toxic, easy to clean, dishwasher safe and recyclable. Beverages stay cold for extended periods.



GLASS WATER BOTTLE

Glass is 100% non-toxic. Silicone sleeve provides grip and protection from breakage. Recyclable, dishwasher safe, and TSA-friendly when empty.

Beverage Ideas

Let's break the plastic habit!



STAINLESS STEEL STRAWS

An estimated 390 million straws are used each day just in the U.S. alone! Replace disposable plastic straws with non-toxic, durable stainless steel straws.



SILICONE STRAWS

Replace disposable plastic straws with soft, durable silicone straws. Recommended for use with glass and great for kids! Dishwasher safe.



PARTY CUPS

Replace those iconic red plastic cups that overflow from garbage bags after a party or barbecue with recyclable aluminum cups.

Beverage Ideas

Let's break the plastic habit!



STAINLESS STEEL HOT CUP

Lightweight, durable, non-toxic, easy to clean, dishwasher safe and recyclable. Insulated so beverages stay hot for extended periods.



GLASS HOT CUP

Non-toxic, microwave and dishwasher-safe. Silicone sleeve provides grip and protection from breakage. Insulated so beverages stay hot for extended periods.



REUSABLE COFFEE PODS

Choose reusable stainless steel coffee filter pods (plastic also available) to help cut down on the 10+ billion single-use plastic pods thrown out each year.



LOOSE TEA, NOT TEA BAGS

Paper tea bags are sealed with plastic glue. Mesh tea bags can shed plastic when steeped. Brew loose tea in a stainless steel strainer instead.

KITCHEN IDEAS

1. Mason jars
2. Glass storage
3. Stainless steel storage
4. Beeswax food wraps
5. Fabric bowl covers
6. Vegetable crisper bags
7. Root vegetable bin
8. Reusable bread bag
9. Silicone bags and bowls
10. Silicone food covers
11. Silicone splatter lid
12. Compostable parchment paper
13. Silicone baking mat
14. Wood cutting board
15. Stainless steel cookware
16. Classic cast iron cookware
17. Coated cast iron cookware
18. Glass ovenware
19. Ceramic ovenware
20. Stainless steel ovenware
21. Wood cooking utensils
22. Silicone cooking utensils
23. Stainless steel cooking utensils

Kitchen Ideas

Let's break the plastic habit!



MASON JARS

Glass jars keep food fresh for up to three weeks in the fridge and up to a year in the freezer. Sturdier stainless steel or silicone lids are available.



GLASS STORAGE

Glass storage containers are refrigerator, freezer, microwave, and dishwasher-safe. Easy to clean. Replace plastic lids with sturdier silicone lids.



STAINLESS STEEL STORAGE

Stainless steel is durable, lightweight, non-toxic, easy to clean, freezer, oven and dishwasher-safe, and recyclable. More expensive than glass storage.



BEESWAX FOOD WRAPS

Reusable food wrap made from cotton infused with beeswax and pine resin. Home-compostable at end of life.

Kitchen Ideas

Let's break the plastic habit!



FABRIC BOWL COVERS

Use bowl covers made of cotton to protect dough while rising or food during meals – anywhere “breathability” is needed. Machine-washable.



VEGETABLE CRISPER BAGS

Made from organic French terry cotton. Keeps vegetables and salad greens moist and crisp longer than produce stored in plastic bags.



ROOT VEGETABLE BIN

Jute-lined, wire frame bin keeps root veggies like carrots, beets, potatoes, and squash fresh longer than plastic bags. Place in a cool dark location.



REUSABLE BREAD BAG

Freeze bread for up to 2 months. Made from cotton infused with beeswax and pine resin. Home-compostable at end of life.

Kitchen Ideas

Let's break the plastic habit!



SILICONE BAGS AND BOWLS

Suitable for oven cooking, microwaving, boiling, and freezing. Mark contents directly on surface with dry erase markers. Easy to clean and dishwasher safe.



SILICONE FOOD COVERS

Use instead of plastic cling wrap or wax paper on bowls, cups, glassware, jars and pet food cans. Microwave and freezer-safe.



SILICONE SPLATTER LID

Use instead of plastic wrap or wax paper in the microwave. Press down for an airtight, leak-proof suction seal. Dishwasher safe.



PARCHMENT PAPER

Unbleached and unwaxed brown parchment paper is the only choice for an eco-friendly kitchen. Look for a label that specifically says *home compostable*.

Kitchen Ideas

Let's break the plastic habit!



SILICONE BAKING MAT

Nonstick reusable liner that eliminates the need for parchment paper or for greasing the baking sheet surface. Hand wash. Rolls up for compact storage.



WOOD CUTTING BOARD

Despite needing more care, a wood cutting board is healthier than a plastic cutting board, which may shed plastic particles if damaged by knife cuts.



STAINLESS STEEL COOKWARE

With the concern about PFAS chemicals, avoid nonstick cookware. Non-reactive, durable, versatile stainless steel is a healthier choice.



CLASSIC CAST IRON COOKWARE

Classic cast iron cookware is free of PFAS chemicals, incredibly durable, provides great heat retention, and can be used on any cooktop.

Kitchen Ideas

Let's break the plastic habit!



COATED CAST IRON COOKWARE

Free of PFAS chemicals, enameled cast iron is durable, easy to clean and suitable for a variety of cooking temperatures.



GLASS OVENWARE

Avoid nonstick ovenware for roasting and baking and choose tempered glass instead. Dishwasher, microwave and oven-safe.



CERAMIC OVENWARE

Free of PFAS chemicals, glazed ovenware is non-toxic, very durable, scratch-resistant, microwave, oven and dishwasher-safe.



STAINLESS STEEL OVENWARE

Avoid nonstick ovenware for roasting and baking. Non-reactive, durable and easy-to-clean stainless steel is a healthier choice.

Kitchen Ideas

Let's break the plastic habit!



WOOD COOKING UTENSILS

A natural alternative to plastic utensils, wood is sturdy, long-lasting, more sanitary, tolerates high temperatures, and is ideal for delicate cookware.



SILICONE COOKING UTENSILS

Free of PFAS chemicals, high-grade silicone is an ideal alternative to plastic utensils for use in delicate cookware. Heat stable, flexible and long-lasting.



STAINLESS STEEL COOKING UTENSILS

Stainless steel is free of PFAS chemicals, non-reactive, non-staining, long-lasting, easy to clean and ideal for heavy duty cooking.

ON-THE-GO EATING IDEAS

1. Juco sandwich bag
2. Cotton-hemp sandwich bag
3. Stainless steel salad kit
4. Stainless steel plates
5. Stainless steel bento box
6. Stainless steel doggie bag container
7. Stainless steel dip/dressing containers
8. Stainless steel tiffin
9. Stainless steel spork
10. Stainless steel travel utensils
11. Bamboo travel utensils

**NO
MORE
PLASTIC**

On-the-Go Eating Ideas

Let's break the plastic habit!



JUCO SANDWICH BAG

Made of 75% jute and 25% cotton. Has two wood buttons for adjusting the size of the bag. Fine weave, soft, and water-resistant.



VEGAN SANDWICH WRAP

Made from a cotton-hemp fabric infused with soy wax and tree resin. Wood button and hemp string tie the wrap together. Home-compostable at end of life.



STAINLESS STEEL SALAD KIT

Keep your salad ingredients separate until mealtime. Includes a 6-cup container for greens, a 7-oz container for toppings, and a 3-oz container for dressing.

On-the-Go Eating Ideas

Let's break the plastic habit!



STAINLESS STEEL PLATES

Since COVID, many fast-food services only package for to-go eating. Use these lightweight plates and your travel utensils for a better eat-in dining experience!



STAINLESS STEEL BENTO BOX

Originating in Japan, a bento box has different sections to keep food from touching and mixing. Ideal for portion control and kids' lunches.



A BETTER DOGGIE BAG

Use this stainless steel container with removable dividers in place of the disposable container restaurants hand out for leftovers.



MINI-CONTAINERS

These 2.5-oz stainless steel containers with silicone lids can transport sauces, dips, or dressings without spills or leaks.

On-the-Go Eating Ideas

Let's break the plastic habit!



STAINLESS STEEL TIFFIN

Originating in India, a 2 or 3-tier "Tiffin" with latching top is a large container perfect for restaurant leftovers or picnics. Dishwasher safe.



STAINLESS STEEL SPORK

A folding "spork" (spoon + fork) does double duty: it has a bowl shape for eating liquid foods and small tines to help pick up solid food. Great for kids!



STAINLESS STEEL UTENSILS

Take reusable stainless steel utensils instead of disposable plastic utensils for your on-the-go eating.



BAMBOO UTENSILS

Bamboo is a durable option to replace disposable plastic utensils for on-the-go eating.

PERSONAL CARE IDEAS

1. Glass gel soap/lotion dispenser
2. Glass foaming hand soap dispenser
3. Travel-size glass spray bottle
4. Konjac root sponge for facial cleansing
5. Natural sea sponge for facial cleansing
6. Natural sea silk sponge for facial cleansing
7. Bamboo toothbrush

A person is shown from the chest down, wearing a white long-sleeved shirt and a white apron. The apron has the words "NO MORE PLASTIC" printed in large, bold, black capital letters. The person's hands are visible, and they appear to be holding something. The background is slightly blurred, showing what might be a sink or counter area.

NO
MORE
PLASTIC

Personal Care Ideas

Let's break the disposable plastic habit!



GLASS DISPENSER

Great for homemade hand sanitizer, bulk shampoos, lotions, and liquid soaps. Sleeve protects the glass from hard surfaces.



ZERO WASTE HAND SOAP

Say goodbye to single-use hand soap bottles forever. Make your own foaming hand soap instead. Simply fill the glass dispenser with water and drop in a tablet.



TRAVEL-SIZE GLASS SPRAY BOTTLE

These 2-oz glass bottles with a silicone sleeve are perfect for small personal needs like sanitizers and essential oils.

Personal Care Ideas

Let's break the plastic habit!



EXFOLIATING FACE SPONGE

Use instead of synthetic bristles and chemical products. Made from the konjac root found in Asia. Lasts 3 months and home-compostable at end of life.



NATURAL SEA SPONGE

For exfoliating skin. Non-toxic, hypoallergenic, anti-bacterial. Biodegradable. Only outermost portion harvested to promote self-regeneration of sponge.



NATURAL SEA SILK SPONGE

Skip the synthetics and try a natural sea silk sponge for cosmetic use and facial cleansing. Allergy-friendly and robust for long use. Sustainably harvested.



BAMBOO TOOTHBRUSH

Over 5 billion plastic toothbrushes are made every year! Brush with an FSC® bamboo handle and biobased bristles instead. Upcycle at end of life.

HOUSEHOLD CLEANING IDEAS

1. Glass spray bottle
2. Cleaning product tablets
3. Swedish dishcloth
4. Coconut fiber scrubber sponge
5. Walnut scrubber sponge
6. Hemp fiber scrubber sponge
7. Natural fiber veggie/dish scrubber
8. Natural fiber dish brush
9. Natural fiber large bottle brush
10. Natural fiber bottle brush set

A person wearing a white apron with the text "NO MORE PLASTIC" printed on it. The person is holding a white cloth. The background is a kitchen setting with a window and a door.

NO
MORE
PLASTIC

Household Cleaning Ideas

Let's break the plastic habit!



GLASS SPRAY BOTTLE

Reusable glass spray container for all your home cleaning and housekeeping needs. Silicone sleeve protects glass from hard surfaces.



CLEANING PRODUCT TABLETS

No more household cleaners in single-use bottles. Fill a reusable spray bottle with water and drop in a tablet. Available for multi-surface, bathroom and glass cleaning needs.



SWEDISH DISHCLOTH

Forget the throwaway plastic sponges and even paper towels. Try a Swedish dishcloth made of plant cellulose and cotton instead. 100% biodegradable in just 6-8 weeks.

Household Cleaning Ideas

Let's break the plastic habit!



COCONUT FIBER SCRUBBER SPONGE

No more plastic sponges. Use a sponge made of plant cellulose and coconut husk fiber instead. Non-scratch, multipurpose, naturally antibacterial, biodegradable.



WALNUT SCRUBBER SPONGE

Skip the plastic sponges. Use a sponge made of vegetable cellulose and walnut husks instead. Non-toxic, hypoallergenic, non-scratch, long-lasting.



HEMP FIBER SCRUBBER SPONGE

Hand-knitted from hemp fiber, these are a great alternative to plastic sponges. Durable, non-scratch, naturally antibacterial, and machine-washable.

Household Cleaning Ideas

Let's break the plastic habit!



VEGGIE/DISH SCRUBBER

No more microplastics. This small brush is made with tampico or palm fibers and bamboo handle. Brush head is replaceable. Compostable.



DISH BRUSH

No more microplastics. Detachable beechwood handle and agave plant fiber bristles. Wear-resistant and easy to clean. Compostable.



LARGE BOTTLE BRUSH

Non-plastic bottle brush made with beechwood handle and hemp bristles for larger and wide-mouthed containers.



BOTTLE BRUSH SET

Plastic-free brushes with stainless steel handle, cotton tip and agave fiber bristles. Four sizes for all your smaller bottle cleaning needs.

LAUNDRY IDEAS

1. Soap nut berries
2. Laundry tablets
3. Laundry soap sheets
4. Wool dryer balls

A person wearing a white apron with the text "NO MORE PLASTIC" printed on it, holding a white mesh laundry bag. The background is a blurred indoor setting, possibly a laundry room.

NO
MORE
PLASTIC

Laundry Ideas

Let's break the plastic habit!



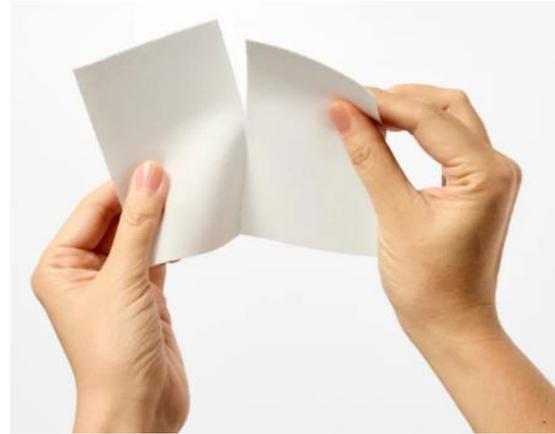
SOAP NUT BERRIES

Skip the detergent in jugs. The nut husks of the soapberry tree contain a natural cleaning agent. Good for sensitive skin. Store in reusable bag.



LAUNDRY TABLETS

Alternative to detergent in jugs. Dry-form tablets have no dyes, bleach, or harsh chemicals. Packaged in compostable paper. Easy to store in reusable container.



LAUNDRY SOAP SHEETS

Alternative to detergent in plastic jugs. Concentrated sheet with less chemical residue. Easy to store in reusable container.



WOOL DRYER BALLS

Replace dryer sheets with wool dryer balls that reduce drying time, soften clothes and last 2-4 years. Sprinkle dryer balls with essential oils for a scent.

Synthetic Textile Pollution

Activewear apparel is a big contributor

Gavigan, Jenna, et al. "Synthetic Microfiber Emissions to Land Rival Those to Waterbodies and Are Growing." *PLoS ONE*, vol. 15, no. 9, Sept. 2020, p. e0237839. *PubMed Central*, <https://doi.org/10.1371/journal.pone.0237839>.



Washing Machine

Laundering synthetic textiles like **polyester, nylon and rayon** sheds thousands of tiny fibers into washing machine effluent.



Wastewater Treatment

Current wastewater treatment is unable to separately trap and safely dispose of these tiny fibers.



Land/Water Pollution

Wastewater biosolids commonly are used as agricultural fertilizer.

Treated wastewater is discharged into streams, rivers, lakes, or the ocean.



Biodegradability Issue

Natural fibers like cotton, linen and wool are biodegradable.

Synthetic fibers do not biodegrade in a reasonable time frame, if at all.

How you can help...

You Can Help Fix Synthetic Textile Pollution

Wash less and capture microfibers when you do your laundry

EASY | INEXPENSIVE



NYLON HOSIERY

Attach a small piece of nylon hosiery to your washing machine's drain line. Toss hosiery when enough fibers accumulate.

EASY | \$34.95



GUPPYFRIEND™ BAG

Fabric microfilter bag that traps microfibers released during washing. Remove the microfibers from the bag after washing.

EASY | \$46.00



CORABALL™

Microfibers are collected into fuzz that we can see, removed from "stalks" that resemble coral, and tossed in the trash.

PROFESSIONAL INSTALLATION



WASHING MACHINE FILTER

A permanent washing machine filter is the best option, especially with a septic system or when there is no direct access to a drain line.

You Can Help Fix Synthetic Textile Pollution

Purchase natural fibers when appropriate and affordable



COTTON

Who doesn't love the feel of cotton? Look for the GOTS® or OEKO-TEX® labels. These labels ensure the cotton is sustainably grown.



WOOL

Wool is moisture-wicking, temperature-regulating, odor-resistant and recyclable. Merino wool is becoming popular for use in activewear.



LINEN

Linen is lightweight, breathable, hypoallergenic and moisture-wicking. Flax can grow in difficult environments, making it a sustainable crop choice.



HEMP

Hemp fibers come from the stems of the hemp plant. Hemp is sturdy, breathable, hypoallergenic, and much like linen in texture and feel.



THANK YOU

**...AND CONGRATULATIONS ON ACCEPTING THE
CHALLENGE OF A PLASTIC FREE JULY IN 2025!**

CITIZENS AGAINST RUINING THE ENVIRONMENT

**NO
MORE
PLASTIC**