

What's the Problem with Plastics Videos

<https://www.consumerreports.org/environment-sustainability/the-big-problem-with-plastic/#:~:text=Over%20decades%20or%20even%20centuries,chronic%20inflammation%20and%20other%20ills.>

Consumer Reports: The Big Problem with Plastics

<https://www.youtube.com/watch?v=mhPzC13NMDM>

Gravitas: Plastic found in human foetus

<https://www.youtube.com/watch?v=NgjMd-VNEac>

Disturbing Discovery Of Microplastics Inside Our Bodies

<https://www.youtube.com/watch?v=1RDc2opwg0I>

The Plastic Problem - A PBS NewsHour Documentary

Minimize the use of plastics and minimize single use plastics where possible
and here are some ways to do it!

Use glass in preference to plastic.

Instead of plastic wrap for storing leftovers use:
Beeswax renewable compostable food wraps, upside down plate on top of bowl, reusable containers.

Use cloth shopping bag or reuse a paper grocery bag.

Fruits or vegetables with a rind that you don't eat (think grapefruits, bananas or garlic), simply pop them straight into your grocery cart, no bag needed.

Place fruits & veggies in cotton net bags, fabric bags, or paper bags.

Do not purchase single use water in plastic bottles. Have a thermos or other container and fill it with water.

Reuse plastic bags as many times as possible. I wash freezer and storage bags each evening, squeeze a few drops of liquid soap, add water, seal the bag, shake the water and rub the bag around, rinse several times then hang them to dry (mobile with clips) – usually by morning they can be folded and are ready for reuse.

Bring your own reusable coffee cups to have filled up rather than using takeaway cups where possible.

If you look online you can easily find these and other things

Reusable 100% Cotton Mesh Produce Bags ~~Not Plastic~~ - for Grocery Shopping, Vegetables & Fruits.

To good to be true? [Compostic Home Compostable Resealable Sandwich Bags - Eco Friendly, Reusable, Zero Waste, Non-toxic, Guilt-Free - Plastic Alternative for Earth Friendly Food Storage -](#) by [Compostic](#)

- CERTIFIED AND NON-TOXIC: compostic bags are certified to the strictest home composting standard available – AS5810 – which goes beyond other tests to ensure products are not toxic to worms and therefore can be placed in your worm farms at home. compostic resealable bags also adhere to European standard EN 13432, and American standard ASTM D 6400. it is food safe, and tested by Intertek to SGS standards for freezer safety. all organic ingredients are certified GMO free.

Lastly, the jury is out on **Silicone** but it is better than plastic in that it doesn't contain the same toxic properties, it's reused a multitude of times, it lasts for years, and doesn't become 'microplastics.' However, it isn't biodegradable

SAMPLES I PURCHASED

https://www.amazon.com/gp/product/B07W4M8PDJ/ref=ppx_yo_dt_b_asin_title_o01_s00?ie=UTF8&th=1

Organic Cotton Produce Bags - 8 Pack - 7 Mesh Produce Bags plus 1 Muslin Bag - Strong, Washable, and Reusable Vegetable Produce Bags with Drawstring, Tare Weight - Grocery Shopping & Storage (8 Pack, 4 Sizes)

Are the following actually Eco friendly?

https://www.amazon.com/gp/product/B08KYLQXWQ/ref=ppx_yo_dt_b_asin_title_o00_s00?ie=UTF8&th=1
https://www.amazon.com/gp/product/B08KYLQXWQ/ref=ppx_yo_dt_b_asin_title_o00_s00?ie=UTF8&th=1

Compostic Home Compostable Resealable Snack Bags - Eco Friendly, Reusable, Zero Waste, Non-toxic, Guilt-Free - Plastic Alternative for Earth Friendly Food Storage - (6"x3.5") 30 Bags (2 Pack)

https://www.amazon.com/gp/product/B08N8TXNRY/ref=ppx_yo_dt_b_asin_title_o00_s00?ie=UTF8&psc=1

Responsible Products Certified Compostable SANDWICH Resealable Zip Bag, Extra Strength Food Bags, Plant-Based Freezer-Safe (50 Pack)

https://www.amazon.com/gp/product/B09KN9ZG9T/ref=ppx_yo_dt_b_asin_title_o00_s00?ie=UTF8&th=1

Compostable Cling Wrap 11.8" x 100 ft, Extra Thick | New Design | Easy to Use with Slide Cutter Plastic Wrap for Food, Green BPA Free Food Wrap, US BPI and Compost Home Certified (11.8"x100FT)