

# Take the **Plastics Crisis Challenge**

12 weeks to a lot less plastic in your home  
and in your life!

## Earth-friendly tips for eating out

It's pretty obvious that dining in generates a lot less plastic waste than a fast-food meal. Fully 44 percent of plastic waste in the ocean originates as takeout utensils and food and drink containers! But we get it: sometimes there is neither time nor energy for a home-cooked meal. Here are some ways to eat out, responsibly.



## Make restaurant meals friendlier

- When ordering take-out, say “no thanks” to plastic straws, forks and spoons.
- Carry your own washable silverware (plastic, bamboo or metal) and straws.
- Pack your leftovers yourself, in reusable containers from home.
- Bring your own coffee mug to fill (Starbucks and Caribou even give you a discount when you bring your own!)
- Some fast food chains are working to reduce their plastic impact (check the link on the back for a list.)



## Speak up for plastic-free restaurants

- Tell your favorite restaurant owners if you are willing to pay more for green alternatives.
- Encourage restaurants to use compostable containers for to-go orders or doggy bag leftovers.
- Share the *Beyond Plastic Restaurant Guide* with your favorite foodies.
- And if you order prepared meal kits, choose ones with less packaging. (Check the "meal kits with less waste" list on the back.)

# Online and In-Store Resources

## Choose fast food restaurants wisely

[foodbeast.com/news/climate-friendly-fast-food-chains](https://www.foodbeast.com/news/climate-friendly-fast-food-chains)

## The take-out of the future

[foreverware.org/news](https://www.foreverware.org/news)

## Beyond Plastic Restaurant Guide

[beyondplastics.org/restaurant-guide](https://www.beyondplastics.org/restaurant-guide)

## Meal kits with less waste

[themealreview.com/best/meal-kit-less-packaging](https://www.themealreview.com/best/meal-kit-less-packaging)

[mealinar.com/collections/welcome-to-meal-in-a-jar](https://www.mealinajar.com/collections/welcome-to-meal-in-a-jar)

