

Take the **Plastics Crisis Challenge**

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

Don't pollute the ocean, just to get clean.

Imagine thousands of shampoo and body wash bottles, deodorant containers, toothpaste tubes and toothbrushes, all washed up on a beach. It's a reality for too many people around the world, even as we pretend many of these things are being recycled. Today we have easily available alternative choices.



Try these tips for earth-friendly body care.

- Experiment with bar shampoos and conditioners. There are many choices available. If they don't work for your hair, you can still use them as hand soap.
- Use bar soap instead of liquid soap. Or choose hand soap tablets; drop one in a pump bottle and voila! Foam!
- Look for hand soap in metal containers or paper wrappers.
- Choose deodorant in cardboard containers.
- Or try making your own deodorant! There are lots of top-rated recipes online.
- Buy lotion, shampoo and conditioner in bulk.
- Give toothpaste tablets or "bits" a try
- How about a bamboo toothbrush?



Turn "unmentionables" into sustainables!

- Don't buy toilet paper wrapped in plastic.
- And, while we're potty-talking, try 100% recycled toilet paper.
- Check out sustainable period products, like cups and period panties.

See the back for lists and links!

Online and In-Store Resources

Soaps and deodorants

Target
Trader Joe's

Toothbrush and toothpaste alternatives

greenhive.io/blog/best-eco-friendly-toothbrushes
bitetoothpastebits.com

Foamy hand soap

blueland.com/collections/soaps

Bulk products

Tare Market
thetaremarket.com/collections/body

Toilet paper options

yahoo.com/lifestyle/best-and-worst-toilet-paper-for-the-planet

"Issue with Tissue" 2022 Scorecard

nrdc.org/sites/default/files/issue-with-tissue-2022-scorecard

Sustainable period products

marieclaire.com/health-fitness/sustainable-period-product

"Menstruation Gets a Gen Z Makeover"

nytimes.com/2022/01/20/well/sustainable-period-products

