

GOAT Noat for November 2018 from the GREEN Organizing Action TEAM (GOAT)

Want to **reduce your use of plastic** to help keep it out of landfills and oceans? Here are some questions to consider:

Can you bring your own containers and bags? Invest in refillable water bottles, canvas grocery bags, and a metal to-go mug. Bring to-go containers from home for the portion of that huge pasta dinner at your favorite Italian restaurant that you will eat the next night.

Can you choose items with less packaging? Many items sold as single servings include lots of plastic packaging. A quart-size yogurt container has less packaging than 4-6 small containers. Consider skipping the plastic bags in the produce aisle, or use paper bags. You probably take many items out of the bags when you get home anyway. Tens of billions of bottled water bottles are not recycled each year. Invest in a water filter in the form of a pitcher or attached to the tap. It will pay for itself very soon.

Could you say “no”? Ask the restaurant to skip the plastic straw for your water or the plastic utensils with our to-go food order. Tell the clerk at the pharmacy you don't need a bag when you buy one item.

Can you choose greener alternatives? Some chewing gum and flushable baby wipes and many other unlikely products may contain plastic. Read ingredient lists carefully and look for plastic-free or recycled-content options.

Can you recycle more? The less you throw away in the regular trash, the better for everyone. Make sure you know the rules for home recycling in your area. Baltimore City: <https://publicworks.baltimorecity.gov/recycling-services> and Baltimore County: <https://www.baltimorecountymd.gov/Agencies/publicworks/recycling>.

Mom's Organic Market recycles many kinds of plastic including **bubble wrap; plastic/cling wrap; and bread, grocery and Ziploc bags**. They also recycle **shoes, compost, batteries, health and beauty packaging, and many other unexpected items**. Learn here what MOM accepts and how items are recycled: <https://momsorganicmarket.com/recycle-center/>