

# EARTH DAY 2024



## #PlanetVsPlastics

This year, for Earth Day, we want to highlight the ways you can reduce plastic usage in your life. Small, routine changes have the potential to make a big difference, especially in your local community. Try these tips to limit your use of certain materials and incorporate other good environmental habits.



### GLITTER

is finely ground plastic coated with metals, or other reflective material. There is no environmentally friendly alternative to glitter because “biodegradable glitter” does not exist; it’s all made from plastics, which break down into microplastics.



### GUM

is made of plastic. So not only are you chewing on bits of plastic (and possibly swallowing it), but gum gets placed in all sorts of public spaces where plastic litter is not welcome. Plastic-free alternatives are available.



### TEABAGS

often contain plastic and have been shown to leach microplastics into your tea. This is why they usually cannot be composted. Try loose leaf tea (you also get more tea with less packaging!) with a reusable infuser, or brands that explicitly mention plastic-free teabags.



### STRAW/UTENSILS

Food packaging can often be wasteful, but opting for reusable straw and utensils, if possible, can make a difference. Bringing takeout meals home? Request no plastic utensils. If washable, takeout containers can even be reused for household storage.



### CLING WRAP

or plastic wrap is a single-use plastic that is generally easily avoided. Reusable food storage containers, aluminum foil (recyclable if clean!), elastic bowl covers, or wax wrap are good storage alternatives to plastic wrap, which can leach chemicals into your food.



### MICROBEADS

are the exfoliating particles found in many skincare products. They’re made from plastic and go straight from your drain to the environment. Opt for skincare products without exfoliating particles, or seek out products with natural exfoliants like salt, coffee, or sugar scrubs.



### PLASTIC BAGS

are slowly on the way out thanks to bag taxes or plastic bans, but if you ever forget your reusable bag at home and need to use a plastic bag, consider saving and reusing it. They make great liners for small trash cans.



### SEASONAL DECOR

We all want to be festive and decorate for the many holidays throughout the year, but confetti, balloons, and plastic decorations are not good for the environment. Consider thrifting or reusing your holiday decor and avoid single-use plastic whenever possible.



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### WATER BOTTLES

made of plastic are also losing popularity, as reusable bottles are favored. Reusable bottles of glass or metal are best, but if you have a reusable plastic bottle, make sure it's BPA-free. It's generally not healthy to reuse regular plastic water bottles beyond one or two uses due to chemical leaching. If you prefer filtered water, consider purchasing a countertop water filter. They'll save you money and are better for the environment.

### REUSABLE PLASTICS

As the saying goes, "The most sustainable product is the one you already own." So before you run out to buy the latest sustainable bamboo toothbrush, or add the fourth Stanley cup to your collection, remember to use what you have. When you need to replace your worn-out items, try to opt for the most sustainable choice. Sustainability comes in many forms, whether it's thrifted, homemade, purchased from a small local business, made of recycled materials, or just something that you know you'll use for a long time.



### THRIFTING

is a great way to buy things that are new to you, but aren't made of new materials. Consider purchasing clothing, kitchen supplies, holiday decor, and books second-hand at your local thrift store. Usually, money spent at thrift stores circulates within the community, so shopping there can help the local economy. While brick and mortar thrift stores are a great choice, there are online thrift stores, as well, like Poshmark, ThreadUp, Depop, etc. There are even some community apps and social media groups like Buy Nothing that allow community members to find used items for free!



### TAKING ACTION

can look like almost anything. Making personal changes to your consumption routine is taking action! But we can't do it alone; we'll need policy behind us and we'll need to put pressure on corporations to change. Applying heat on social media to businesses and politicians, signing petitions, donating to conservation & sustainability organizations, and getting involved in local movements are just a few of the ways you can take direct action. Remember to spread the word in your own network. We all have family and friends who are seeking change and want to get involved, even in small ways.

# HAPPY EARTH DAY!

xoxo.

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