

Plastic Free July

Plastic Free July is a great way to limit your consumption of single-use plastics. It is a global movement that encourages people be part of the solution to plastic pollution.

The summer is a great time to throw parties, but can also contribute to the increase of waste. This will serve as a guide to plastic alternatives and the beginning to a more sustainable future.

How to Get Involved:

There are so many ways you can begin transitioning away from plastics! Whether its at school, work, home, on the road, and so on—there are countless ways to approach it.

Take Stock of Your Single-Use Items:

Being aware of what you have and what you usually use once can be eye opening! Once you pinpoint what things you typically use once, you can start gathering reusable items.

Start Planning Ahead:

Planning ahead is an important part to reducing reliance on plastics because it gives you time to think of and gather alternatives. If you know you'll need a straw, utensils, or to-go boxes, pack reusable ones ahead of time.

Examples of Non-plastic Reusable Items:

- Aluminum bottles for drinks
- Glass jars for drinks and food
- Silicone bags for food
- Stainless steel/silicone straws and utensils
- Textile bags for groceries



You can also visit [Plastic Free Foundation's](https://plasticfreefoundation.org/) and the [DEC's](https://www.dutchessny.gov/solidwaste) website for more information!

