

Swap out Single-Use for Plastic Free July!



Plastic Free July is a global campaign that invites millions of people be part of the solution to plastic pollution. In the United States, only 9% of plastics are recycled. Will you take part in Plastic Free July by choosing to refuse single-use plastics? Choose one or more single-use plastic to avoid for the month. By making one small change you can make a real difference.



The size, shape, and type of plastic that many items, known as “single-use plastics”, are made from, are very difficult to recycle. Single-use plastic items such as straws, produce bags, candy wrappers, foam food containers, and more end up going to landfills, waste incineration facilities, or polluting our surrounding environments. Try swapping some single-use plastic items for easy, reusable alternatives.

Some Ideas to help you swap out:

- Use a silicone or metal straw instead of plastic
- Bring your own reusable bag to the store
- Invest in a few reusable produce bags
- Use reusable water bottles and mugs
- Try buying unpackaged products
- Pack lunches in reusable containers



For more information on single-use plastics and ways to avoid them, visit our [website](http://www.dutchessny.gov/solidwaste) .

