



# MARBLEHEAD REDUCES PLASTIC

## WHY?

Plastics are a big problem. They are responsible for killing wildlife and polluting our planet.

Did you know there are alternatives we can all use to make a change? Reuse, Refuse, and Replace are simple actions we can all take to make our world a better place.



### REUSE

Carry reusable shopping bags and cloth produce bags.

Drink coffee in a reusable cup.

Refill a water bottle. Marblehead tap water comes from the pristine Quabbin Reservoir and is delicious!

Bring your own reusable metal straws. Carry a bamboo or metal utensil set for meals on the go.

Store your foods in reusable glass or metal containers.

Buy milk in glass returnable bottles through Community Supported Agriculture (CSAs).

Cover containers with reusable beeswax wrap instead of plastic wrap.

Get a reusable canvas bag for your dry cleaning.



### REFUSE

Tell your server you don't need a plastic straw in drinks.

Give up bottled water. Disposable bottled water uses more resources and costs more money. Drink tap water instead.

Say no thank you to plastic bags, utensils, lids, cups and so many others.

Reduce packaging by buying bulk foods, shopping local & going to farmers markets.

Be a conscientious consumer. Look for products online and in stores without unnecessary plastic packaging.

Stop buying individually wrapped snack packs. Buy snack foods in the largest bags possible and use reusable snack containers.



### REPLACE

Go natural with cleaning agents: lemons, baking soda & vinegar.

Ditch the plastic sponge and use cloths or wooden scrub brushes for cleaning.

Use biodegradable trash bags.

Instead of plastic bottles use bars: shampoo, shaving cream & dish soap are available as bars.

Order ice cream cones instead of a cup and spoon.

Replace fabric softener with wool balls in the dryer.

Choose natural clothing over synthetic. Cotton, hemp, bamboo and wool do not release plastic microfibers when laundered.

Choose packaged products in aluminum cans, steel (tin) cans, cardboard or glass instead of plastic whenever possible.

Visit [sustainablemarblehead.org](https://sustainablemarblehead.org) for more information.

More on  
Reverse

# Let's stop the throw away culture!

It may take **hundreds of years** for a plastic water bottle to degrade and current research shows that most commonly used plastics do not ever fully go away, but rather break down into smaller and smaller pieces called microplastics.

NOAA. Can marine debris degrade on its own in the environment? National Ocean Service website, <https://oceanservice.noaa.gov/facts/degrade.html>, 6/25/18.

## Resources

### Internet:

breakfreefromplastic.org  
earth911.com  
epa.gov/trash-free-waters  
greenpeace.org  
marinedebris.noaa.gov  
myplasticfreelife.com  
nationalgeographic.org/projects/plastic  
oceanconservancy.org  
plasticpollutioncoalition.org  
rethinkdisposable.org  
terracycle.com (LOOP program)  
treehugger.com



### Books:

Bottlemania: How Water Went on Sale and Why We Bought It by Elizabeth Royte, 2009.  
Garbage Land: On the Secret Trail of Trash by Elizabeth Royte, 2006.  
Life Without Plastic by Chantal Plamondon and Jay Sinha, 2017.  
Plastic: A Toxic Love Story by Susan Freinkel, 2011.  
Plastiki: Across the Pacific on Plastic: An Adventure to Save our Oceans by David de Rothschild, 2011.  
Plastic Free: How I Kicked the Plastic Habit and How You Can Too by Beth Terry, 2012.  
Plastic Ocean: How a Sea Captain's Chance Discovery Launched a Determined Quest to Save the Oceans by Charles Moore, 2011.

### Films:

Plastic Wars, Frontline, directed by Rick Young (2020)  
The Story of Plastic, directed by Deia Schlosberg (2019)  
A Plastic Ocean, directed by Craig Leeson (2016)  
Divide in Concord, directed by Kris Kaczor, Dave Regos (2014)  
From the Waste Up, Life Without Plastic, directed by Taina Uitto (2014)  
Plastic Planet, directed by Werner Boote (2009)