

CONSIDER SWITCHING FROM THESE...	TO THESE... (AND ALL CREATURES GREAT AND SMALL WILL THANK YOU! ♪)
Plastic bags	<ul style="list-style-type: none"> - Reusable cloth bags. - Hang a line with clothes pins above kitchen sink and clean and reuse plastic bags.
Single-use plastic water bottles	<ul style="list-style-type: none"> - Many over or under-sink filtration systems available. - Reusable glass or stainless steel water bottles.
Liquid soap in plastic bottles	<ul style="list-style-type: none"> - Bar soap.
Salsa in a plastic tub	<ul style="list-style-type: none"> - Fast and easy to make your own - avocado, tomato, red onion, lemon, cilantro, jalapeno pepper, salt - yum!!
Juice and soda bottles	<ul style="list-style-type: none"> - Choose glass containers when possible, if we all do that a message is sent to manufacturers that we want to fade plastics out of our diet.
Sandwich bags	<ul style="list-style-type: none"> - Store sandwich in a reusable container. - Wrap in a cloth napkin, or buy a 'wrap-n-mat.'
Take home food service Styrofoam containers	<ul style="list-style-type: none"> - Bring a leftovers container to the restaurant; buy a 'tiffin lunch box' - Ask for biodegradable or compostable containers. - Share a meal! Or, order what you can realistically eat.
Lip balm tubes	<ul style="list-style-type: none"> - Choose non-petroleum based lip balm in a metal tin.
Packaged foods	<ul style="list-style-type: none"> - Choose fresh when possible. - Buy in bulk, and bring your own container when shopping at bulk bins.
Commercial face scrubs	<ul style="list-style-type: none"> - Read labels, look for "polyethylene" which means the 'micro-beads' are plastic; buy natural products, e.g. scrubs with apricot pits or oatmeal etc.
Consumption	<ul style="list-style-type: none"> - Be a thoughtful consumer: approach the everyday choices you make as a positive and enjoyable part of living a curious and engaged life.



2009 California State Bills to Support

•AB 68 (Brownley)

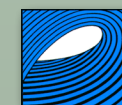
Requires consumers to pay a 25 cent fee for single use bags distributed at grocery stores, pharmacies and convenience stores. Bill offsets environmental and economic costs of bag litter; acts as incentive to BYO.

•AB 1358 (Hill)

Prohibits food vendors from distributing expanded polystyrene foam (Styrofoam) packaging and other non-recyclable plastic food packaging. Compostable or recyclable materials will replace Styrofoam and unrecyclable (#3-7) plastics.

•AB 283 (Chesbro)

Implements an *Extended Producer Responsibility* program in California that would require manufacturers increase the recyclability, and recycling, of their products, as well as reduce toxicity.



**Surfrider
Foundation**

www.riseaboveplastics.org