

RESOURCES:

Books:

These books are available at local libraries, bookstores and some zero-waste shops.

- ✓ *A Zero Waste Life*
by Anita Vandyke
- ✓ *Zero Waste Home*
by Bea Johnson
- ✓ *The Story of Stuff*
by Annie Leonard

Local Zero Waste Shops:

- ✓ PUBLIC in West Seattle
- ✓ Mimi's in North Ballard
- ✓ The Naked Grocer in Capitol Hill



A low plastic lifestyle helps to reduce the microplastics entering our waterway, and thus benefiting the water quality, aquatic animals, and human beings. To achieve zero waste, we must look at the whole life cycle of materials so we can eliminate waste, prevent pollution, encourage product durability and reusability, conserve natural resources, and ultimately build a circular and inclusive economy.



FREE CONSULTATION,
CONTACT US NOW!

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More Information

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Environmental Stewards 2022-23



going →
ZERO
WASTE

LOW PLASTIC GROCERY SHOPPING:

Buy your groceries with less
plastics and more fun!



www.ecoss.org



King County



WHY LOW PLASTIC SHOPPING?

EFFECTS OF PLASTICS

Plastics harm marine life in multiple ways. The most visible consequences include entanglement and suffocation of marine animals. Plastics are also ingested often and cause starvation (since plastics took up all the space in their stomach) and/or scar tissues from repetitive cutting and healing. These effects lead to low immune system for disease fighting and unfortunately death.



MICROPLASTICS

Microplastics are formed from larger plastics breaking down. They are usually small fragments of less than 5mm, the size of a sesame seed! The smallest of them all are so small (nanoplastics) that they can go through the blood vessels into our blood streams.

Microplastics are shown to affect the reproductive system by scientists, leading to infertility. The various chemicals in microplastics are also affect our health when entering our bodies.

ALTERNATIVE PACKAGING OPTIONS

PAPER



ALUMINUM



REUSABLE PRODUCE BAGS



BULK SHOPPING



GLASS



Reuse or Recycle the packaging after you finish enjoying the goodies!