



**Raritan
Headwaters**

Clean, safe water for all

How to Reduce Your Plastic Use



Invest in a refillable water bottle

In general, drinking tap water is just as safe as bottled water. Single use water bottle users spend over \$500 a year and recycle only 1/3 of the bottles they use.



Refuse the straw

Straws are one of the easiest plastic items to eliminate. When you order your drink just add, "No straw please." If you must have a straw, use paper, metal or bamboo.



Bring your own bag

Bring your reusable shopping bag to all your stores. Say 'no thank you' to plastic bags. Plastic bags are wind-borne and end up in our trees, water, parks, sewers and oceans.



Eliminate Styrofoam

Styrofoam is one of the worst forms of plastic pollution. Difficult to recycle and toxic to our health, Styrofoam should be your last option. Only buy from stores who use paper, foil or recyclable plastic. Or, bring your own container!



Be aware of what you wear

Plastic clothing sheds microfibers into our water when it's washed. These tiny fibers evade filters and make their way into our drinking water, bottled water and food. Look for clothing made of natural fibers such as cotton, wool, hemp, alpaca, silk, linen, modal or bamboo.