

# Bathroom Plastic Audit



Plastic Item	Yes	No	Sustainable Alternative
Plastic toothbrush			Bamboo toothbrush
Plastic toothpaste tube			Toothpaste tabs, toothpaste in glass jar
Plastic floss & container			Silk floss in glass container
Plastic hand soap dispenser			Bar of soap
Plastic razor and handle			Safety razor
Plastic deodorant tubes			Glass deodorant jar, cardboard deodorant container,
Plastic shampoo and conditioner bottles			Shampoo/Conditioner bars, aluminum shampoo/conditioner containers
Plastic body soap container			Bar soap
Plastic shower loofah, back scrubber, sponge			Natural bath sponge, natural luffa (made from plants!)
Plastic cotton swab sticks			Cardboard or reusable swab sticks
Plastic packaged cosmetics			Bamboo, compostable or refillable packaging
Plastic trash can bag/liner			No liner or reusable bag
Plastic comb/brush			Wooden comb/brush
Plastic toilet paper wrapping			Paper wrapping
Plastic bathroom cleaning containers			Reusable and/or refillable containers

# Kitchen Plastic Audit

Plastic Item	Yes	No	Sustainable Alternative
Plastic sandwich bags			Reusable glass containers, silicone sandwich bags
Plastic wrap			Beeswrap, reusable metal and glass storage containers
Plastic beverage bottles			Reusable glass, metal, or plastic bottles. Purchase beverages in metal or glass alternatives
Plastic kitchen utensils			Wood, bamboo, or metal utensils
Plastic cutlery (forks, spoons, knives)			Bamboo utensil set, metal utensil set
Plastic K-Cups/coffee pods			Stainless steel reusable k-cups
Plastic spice containers			Refillable glass spice jars
Plastic sponge and dish brush			Wooden brush
Plastic dish detergent bottles			Reusable, refillable containers
Plastic cleaning supply bottles			Reusable, refillable containers
Plastic dish washer pod container			Reusable, refillable or cardboard containers
Plastic wrapped paper towels and napkins			Reusable cloth and rags
Plastic trash can liners/bags			No liner or line bin with newspaper
Plastic produce and grocery bags			Reusable bags
Plastic packaging at grocery store			Buy bulk, local, and/or alternative and recyclable packaging choices when available