



Pitch The Plastic

Action Guide

www.thewhatevermom.com

KITCHEN

DITCH

Sponges
Plastic containers
Paper goods
Baggies



Swap

Dish cloth
Glass jars
Cloth napkins
Glass food storage

BATHROOM

DITCH

Plastic brushes
Toothpaste tubes
Plastic packaging
Plastic wrap



Swap

Bamboo brushes
Toothpaste tablets
Bars of soap, shampoo
lotions, conditioner
Bamboo-based paper
products

LAUNDRY



DITCH

Plastic containers
Dryer sheets
Fabric softener

Swap

Powdered detergent,
Wool dryer balls
1 cup plain vinegar

PLAYROOM



DITCH

New Plastic toys
Playdough
Containers

Swap

Buy/find second hand
Make your own
Fabric or wooden bins

These are the four main rooms our families live in, and use the most plastic in. Pick one room at a time to pitch the plastic from, and move on to the next. It will feel so easy!
