

Recycling is great, but here are 10 plastic products you can stop using right this second!

1. **Plastic Bags**

Most people are already making the switch over to material bags that are reusable. Many countries and shops are also banning or **discontinuing the use of plastic bags** altogether.

2. **Plastic Straws**

Yes, these little plastic juice transportation devices are terrible! They are scattered everywhere... Like at the beach, filling up landfills and all those other places they should never be! Nowadays, it's very easy to buy a stainless steel **reusable straw**.

3. **Microbeads**

These tiny balls of toxic plastic simply wash down the drain into our water sources and then poison our ocean fish, which eventually poisons us. You can find them in almost every exfoliating face scrub on the shelf and even in your toothpaste, imagine how your poor enamel must feel? They are in a variety of other beauty products too. If you are unsure if a product contains them, the label will list them as either: **polyethylene**, **polypropylene**, **polyethylene terephthalate** or **polymethyl methacrylate**.

4. **Plastic Toothbrushes**

This is one example of plastic we didn't even think about. Bamboo toothbrushes are a great alternative!

5. **Plastic Water Bottles**

Reusable glass or stainless steel bottles are in fashion and nearly every shop has a section where you can find fun bottles. If you just have to have 'filtered' water, fit a filter onto your tap or buy one of those fancy water jugs that have a built-in filter.

6. **Coffee Capsules**

If you invested in an expensive coffee system that makes use of a one-serving capsule, we are sorry to say that they are bad for the environment because the capsules are not recyclable. **Coffee grounds** are great for the environment. They enrich the soil and make great compost! French press anyone?

7. **Disposable Razors**

We understand that razor blades are ridiculously expensive, but owning a lifelong razor is better for the environment because it lasts.

8. **Takeaway Coffee Cups**

Most coffee shops will let you take a reusable mug for your daily hot drink. You need only ask and they will tell you what size is just right for your regular cuppa! They may even sell mugs for you to use. If you don't ask then you will never know.

9. **Plastic Cutlery**

Most places are starting to supply wooden alternatives so this could be another request to make from your local deli or take out if they don't have any.

10. **Shower Gels**

Bars of soap do an equally good job and nowadays there are so many divine soap shops you can find every kind of soap you could imagine. Just remember to check the ingredients of mass-produced soaps as they too can contain microbeads. The shower gel comes in a bottle, whereas soap is wrapped in a small amount of paper. If you cannot give up shower gel, stores like Lush offer a bottle recycling program that gives you a free face mask when you return the empty packaging. They also offer solid bubble bath and shampoo.