

How to Reduce Microplastic Consumption

A recent study shows that we inhale approximately a credit card's worth of plastic each week. This is an alarming fact to be sure, as the impact of microplastic's effect on the human body is still largely unknown.

How do we reduce the amount of microplastic we interact with when plastic is all around us?

Food sealed in plastic- Plastic-covered items have long been associated with sterile environments; however, Saran wrap or items sealed in plastic, such as single-use utensils, have been attributed to higher levels of microplastic ingestion. You can reduce the amount of microplastic you ingest by avoiding single-use utensils or plastic water bottles. If you want to explore alternatives, you can look into travel utensils or beeswax food wraps; check the link below to learn to make your own.

[DIY Beeswax Food Wraps](#)

Avoid heating plastic- When plastic is heated, it breaks down into microplastics at a higher rate, meaning that plastic-lined containers for hot beverages, or even food-grade nylon designed specifically for baking, can all increase the number of microplastics that we ingest.

Surround yourself with natural textiles- By surrounding yourself with natural fibres, you can dramatically decrease not only the amount of plastic you consume but also the amount of plastic you are putting directly into the water when you wash your clothes. However, natural textiles will still shed chemically treated microfibers into the watershed unless they are filtered out. Click the link below if you would like to learn more about our work with microplastic filters for the washing machine.

[Microfiber Washing Machine filters](#)

Avoid dust-filled environments- It is commonly said that household dust is approximately 20-50% human skin. If that isn't enough to give your surrounding area a quick clean, it turns out that dust also contains quite a lot of microplastics as well. One of the simplest solutions to avoiding microplastic may be to simply limit the amount of time you spend in dusty environments, by dusting more often with natural cleaners or limiting the amount of carpeting in your home.

It looks like microplastics are all around us, and it is easy to find the information overwhelming. However, one of the best solutions is to inform yourself of the issue and alternatives, so you can continue to make educated choices about how you want to interact with your surroundings.

Adapted from an article by Georgian Bay Forever <https://www.georgianbayforever.org/>