

How To Stop Using Aluminum Foil, Plastic Wrap and Other Kitchen Disposables



made by greek students A3

There are many areas in our homes (and our lives) we can simplify, but a great place to start is the kitchen.



Kitchen disposables are widely available (and widely used) for convenience, but they also have a great cost to our health, the environment, and our wallets.

They just aren't necessary.

Most single-use disposables in the kitchen can easily be replaced with longer-lasting options



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ALUMINIUM FOIL



- Kitchen disposables like aluminum foil are either used for food storage or to line cookware and/or bakeware for easy cleanup when cooking. **There is evidence that when cooking, aluminum can leach into the food – particularly when using acidic ingredients or animal products like meat and fish.**
- Excess aluminum can have negative effects on the brain. Some researchers state that the amount of aluminum that may leach from aluminum foil to food doesn't exceed safety levels, while others note that it may pose a risk to certain populations such as young children.



PLASTIC BAGS



- In one US survey, 5.3 million Americans reported using at least 10 rolls of plastic wrap during a six month period in 2020.
- Another article noted that each year “Americans buy enough plastic film to shrink-wrap Texas.”
- Plastic wrap isn’t part of most curbside recycling programs, so it mainly goes into the garbage – and often wends its way into the oceans, where many marine animals mistake it for food.



Worldwide, we use 500 billion plastic bags annually. On average, each bag has a working life of about 15 minutes – but the overall impact of plastic bag production is much longer. Plastic remains in our environment for at least 100 years, and like plastic wrap, plastic bags end up in our oceans where they harm and kill marine life. As plastic degrades, it doesn’t disappear but typically breaks into minute pieces, or micro-plastics

Alternatives: Instead of single-use plastic bags, get some reusable shopping bags to carry your groceries home.

PAPER TOWELS



- Paper towels require trees and energy to make – and we only use them briefly to clean up spills or dry our hands. In a survey of paper towel use, 45.3 million Americans said they used at least 8 rolls of paper towels within a 30-day period. In some areas, paper towels can be composted while in others they simply go into the garbage.
- Some paper towels are bleached bright white, or contain chlorine or formaldehyde. While our exposure to these chemicals through paper towels is small, all the little things add up.
- **Alternatives:** cut up old t-shirts, kitchen towels, bath towels, or sheets into different sizes and use them as paper towels or for home cleaning.



ALTERNATIVES



Health

9 WAYS TO REPLACE KITCHEN DISPOSABLES



Beeswax Wraps



Glass Containers



Unbleached
Parchment Paper



Reusable Snack Bags



Reusable Shopping
Bags



Cloth Napkins



Travel Cutlery Set



Glass or Stainless Steel
Straws



Glass or Stainless Steel
Reusable Water Bottle

