



Make Your Own SUP-Free Kit

With this kit, you can eliminate 8 of the most common single-use plastic items from you and your family's everyday life:



plastic cutlery



take-out containers



plastic bottles



plastic cups



plastic bags



plastic stirrers



plastic straws



all styrofoam

Notes: No Plastic Please does not endorse any specific products. Images of products shown here are provided for your reference. There are lots of options out there with new ones popping up all the time so look for what works for you and your family! We have provided useful search terms to aid in looking for products online. Also- many of these single-use items could be replaced by reusable plastic items. This does help with the issue of plastic waste. However there is still a lot of ongoing research about the interaction between plastic and food so we encourage you to look for alternatives such as stainless steel, bamboo, or silicone.



Reusable Take-Out Containers

Helps you avoid: Plastic Take-out Containers, Styrofoam

Not wasting food at the end of a meal is a good goal but nearly every take-out container you are served in Pittsburgh is not recyclable or compostable. Luckily you can now get reusable take-out containers in many materials, shapes, and sizes. Both stainless steel and collapsible silicone options are relatively light and easy to carry.

Unfortunately, many places have a policy not to serve food directly into your own container, but if you're wrapping up food at your table it's completely fine to use your own boxes.

Online Shopping Search Terms: stainless steel tiffin, stainless steel food container, silicone food storage containers

BONUS TIP!

If you frequent quickserve places, you can often order "in" and then simply pack up your food in your own containers to avoid the bulk of their single-use packaging when getting food to-go.

Here are some other examples of the kinds of reusable take-out containers available for purchase.



Reusable Bags



Helps you avoid: Single-Use Plastic Bags

Many people are already using reusable bags for their grocery shopping. The larger bags like those sold by grocery stores are easy to keep at home or in a car but too big to carry everywhere. Get a small **fold-up totes** for your SUP-free kit. These thin fabric bags are big enough to carry a load of groceries but fold up into tiny squares so that you can always have one on you. Also consider getting some **reusable produce bags**. These bags are often machine-washable, come in a variety of sizes, and are a great alternative to the plastic film bags dispensed in grocery stores. Finally, for taking small snacks on the road, pick up few **silicone food bags**. These are sealable just like ziplock-style

plastic baggies and they work great for anything wet or crumbly.

Online Shopping Search Terms: fold-up tote, reusable produce bags, silicone reusable bags

BONUS TIP!

Nest a few different types of bags inside one another to make a quick bag “sets” that you can grab when you dash into the store.

Here are some other examples of the kinds of reusable bags available for purchase.





Reusable Bottle/Thermos/Cup

Helps you avoid: Plastic Bottles, Plastic Cups

The most straightforward way to avoid plastic cups and plastic bottles is to carry a **reusable water bottle** with you. This also has the benefit of saving you money and encouraging healthier drinking habits that avoid soda and other bottled flavored drinks. These bottles are available in many form-factors including stainless steel, glass, and collapsible silicone. Some are insulated so protect the temperature of your drink. There are lots of different options for lids and spouts on these bottles. Look for a bottle that is a good match for your

drinking habits- hot/cold, large/small. Make sure you consider how easy the container is to clean, particularly if you'll be using it regularly for drinks other than water. You can also now find **collapsible silicone cups**, including cups designed for hot drinks like coffee or tea. Another consideration is the diameter of the bottle- some bottles won't fit in standard cup holders.

Many businesses will fill your reusable bottle, thermos, or cup if you just ask.

(As a side note: disposable plastic bottles in particular are the one thing on the No Plastic Please pledge list that *can* be recycled through the Pittsburgh curbside recycling program so if you do end up with one, make sure to take it home for recycling or place it in a dedicated recycling receptacle.)

Online Shopping Search Terms: metal water bottle, silicone water bottle, collapsible silicone cup, reusable water bottle

Here are some other examples of the kinds of reusable bottles and cups that are available for purchase.



Where should you store SUP-free kits?

We recommend you consider storing a few kits, depending on your schedule and lifestyle.

At Your Workplace

If you tend to eat out for lunch, go out for your coffee break or do any shopping on your break, then it's a good idea to have a small kit at your work. If your workplace only stocks disposables in your kitchen or breakroom, having a kit on hand will help you avoid relying on the disposables your office provides.

In Your Bag

If you carry a purse, laptop bag, or other everyday bag, make a small kit to carry in your bag.. You don't have to include every item but a couple small reusable bags, cutlery set, and a collapsible silicone take-out container are great items to tuck inside a bag.

In Your Car

If you often use your car when you go shopping or go out to eat, keep an extra kit in your trunk or backseat. This is a great place to store larger shopping bags and take-out containers but it can also be useful to have an extra cutlery set and reusable bottle in your car kit- just in case you're out with a friend or you forget your bag kit!

Near Your Front Door

Pack up an extra kit in a bag and leave it hanging near your front door. That way if you're on your way out to an event you can quickly grab a kit to go. This bag can also serve as a place to store extra items you can use swap in for any dirty or used items in your other kits.

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