

MOTHER EARTH is asking us for help!

Alternatives to plastic wrap and storage

What's the issue?

- We have become accustomed to wrapping and storing food in plastic wrap or bags. Believe it or not there was a time, even in the lifetime of us elders, when milk and soda came in bottles which were returned, washed, and reused; automobile oil came in cans; we drank tap water; and many toys were made of rubber, wood, or metal. Our mothers stored food in the refrigerator in bowls. And we lived to tell the tale!
- Plastic wrap has been used for decades because it is convenient. However, it is made from low-density polyethylene (LDPE) which ends up in overflowing landfills and takes hundreds of years to decompose. According to Natural Living Ideas, [Richard Thompson](#)—lead editor of a report in the *Philosophical Transactions of The Royal Society B*, a scientific journal—said that chemical-filled plastic debris like plastic wrap is often ingested by marine animals, can poison wild life, can survive for thousands of years in water, and when buried deep in landfills, can leach harmful chemicals that eventually spread into groundwater.
- The other major concern is that LDPE may contain chemicals responsible for a wide range of medical conditions, including breast cancer in women and low sperm counts in men. If heated, as in microwaves, it makes chemicals leach into food and drinks so there is an even greater risk of serious health issues.
- It's time to break the plastic wrap habit! This may seem daunting, but there are more environmentally-friendly alternatives if we make a decision to use them. Perhaps commit to using one alternative from the list below.



Acting on our Corporate Stand, What Can We Do to Help?

- When food shopping, use no bags or eco-friendly bags for loose produce, such as lettuce, apples, oranges, etc. Different types of bags are available for purchase at https://www.ecobags.com/Our_Products/Produce_Bags or <https://zevymo.com/products/reusable-produce-bags>. Even better, you can sew your own!
- Consider storing food in the refrigerator using an alternative to plastic wrap and/or plastic containers. <https://naturalliving.ideas.com/plastic-wrap-alternatives> suggests, for example, glass storage containers, mason jars for soups and sauces, a dishcloth over a bowl for produce, parchment or soy-derived wax paper, or nothing! We cover by force of habit, but it is not always necessary. (Note: regular waxed paper is not accepted by most recycling programs though it is more likely than plastic to decompose over time. New: Reynolds recyclable wax paper sandwich bags.
- Another resource is: <https://myplasticfreelife.com/plasticfree/guide/>.

