

The Oceans *Hot* or *Not* List

Our oceans are polluted with plastic garbage. Help keep them clean by replacing many of your daily products with reusable materials made from cloth, metal and wood.

It's easier than you think. **Be Hot!**

So Hot!

- Cloth bags
- Metal water bottles
- Metal/wooden utensils
- Metal/glass containers
- Stainless steel mugs
- Buy in bulk
- Cloth lunch bags
- Stainless steel or cast iron cookware
- Bar soap
- Laundry powder
- Reusable razors (just change blade)
- Recycled plastic or wooden toothbrush
- Non-plastic pet products
- Wooden and cloth toys
- Ceramic dishes
- Cotton tablecloth
- No Straws
- Cloth bag or no bag
- Canvas produce bags

So Not!

- Plastic bags
- Plastic water bottles
- Plastic utensils
- Plastic reuse containers
- Single-use coffee cups
- Single use products
- Paper/plastic lunch bags
- Teflon cookware
- Liquid soap
- Liquid detergent
- Disposable razors
- Plastic toothbrush
- Plastic pet products
- Plastic toys
- Plastic dishes
- Plastic tablecloth
- Plastic Straws
- Plastic dry cleaner bags
- Plastic produce bags



Also, when using plastic is unavoidable, at least stay away from the worst plastics: Polyvinyl Chloride (#3 PVC), Polystyrene (#6 PS), & Polycarbonate (#7 Other). You can locate these numbers on the bottom of the containers.

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