

stasher

Life with Less Plastic

How-To Guide

SPOT, SEPARATE, SWITCH, & SORT

Stasher's 4 Simple Steps to a Reusable Kitchen

Life moves fast, and single-use plastic feels convenient. But switching to reusable alternatives is simpler than you think. Trust us: Life with less plastic feels *great*.



STEP 2

Separate

Sort items you want to reuse and repurpose the rest creatively:

- **Food containers:** Use for leftovers, bulk items, or home organization.
- **Grocery bags:** Great as garbage liners or for pet waste.
- **Plastic bottles:** Water plants by inverting filled bottles.
- **Craft projects:** Turn odds and ends into fun DIYs.

Recycle what you can. If something isn't recyclable, let it go — it's time to make room for better options.

STEP 1

Spot

Open those drawers, peek in the pantry, and pull out every sneaky bit of single-use plastic you find. What do you see? Probably something like:

- **Takeout containers**
- **Straws, lids, and cutlery**
- **Plastic bags (so many bags!)**
- **Cookware like nonstick pans or plastic utensils that may contain microplastics.**

It's ok, we've all been there. Take another deep breath if it helps!





STEP 3

Switch

Now the fun part — shopping!
Start with these essentials:

- **Produce bags.** Mesh options: We like [this 10-pack](#) from Net Zero Co. and [this 3-pack](#) from Target.
- **Stasher Bags.** Our starter packs ([7-count](#) or [4-count](#)) were made for kick-starting new habits.
- **Mason jars.** Glass Ball Mason jars are available at most major retailers and [online](#).
- **Refillable cleaning supplies.** Blueland offers starter sets for [multi-surface cleaner](#), [hand soap](#), [dish soap](#) and [dishwasher detergent](#).
- **Non-plastic cooking utensils.** Opt for wood, stainless steel, or food-grade silicone to avoid microplastics and toxic chemicals (we like these sets from [Made In](#) and [Caraway](#)).

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And consider some of these eco-friendly splurges:

- **Composter.** [Check out this handy comparison](#) of 4 of the most popular kitchen composters.
- **Glass coffee maker.** Ditch plastic from your morning pick-me-up routine and opt for borosilicate glass, like [this option from Chemex](#).
- **Plant milk maker.** Avoid packaging waste and support the environment by choosing dairy-free. We suggest the [SoyaJoy G5](#) for soy milk fans and [Nutr](#) for nut milk fans.

STEP 4

Sort

Trust us — you're making a difference.
This is a win worth celebrating!

To make reusables second nature, organize your space so they're easy to grab. The more accessible they are, the more you'll use them. And reuse them.



Live Life!

This is only the beginning...
Throw some tote bags in your car, buy in bulk, and remind your fav takeout spot you don't need plasticware.

Remember: The best way to avoid single-use plastic is to not bring it home in the first place.
You've got this!

RECYCLING

Reducing and reusing are your new superpowers, but sometimes recycling is the next best thing. Quick tips:

- **Skip "Wishcycling".** Only recycle what you know is accepted.
- **Do Your Homework.** Look for the right recycling number for your area and know if your city uses single-stream (mixed) or sorted recycling.
- **Clean & Dry.** Rinse and dry containers before recycling.
- **Follow Packaging Instructions.** Remove outer wraps or seals as needed.

Same goes for Stasher. If your damaged bag can't be repurposed, recycle it through our free TerraCycle® program.