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**WELCOME TO**

# **SUSTAINABLE SATURDAY**

**WITH KINETRIC WELLNESS**

**LEARN HOW TO MAKE**

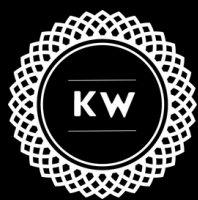
**(SMALL)**

**CHANGES**

**THAT  
MAKE A BIG**

**IMPACT**

#sustainablesaturdays



# CONSIDER SWAPPING SINGLE USE PLASTIC BAGS

**I KNOW WHAT YOU'RE THINKING:**

**“...WOWWWW REPLACING PLASTIC BAGS...  
HOW REVOLUTIONARY.”**

**That's the point though!  
It's not always earth  
shattering changes  
that are going to  
make the impact.**

**Also, are you  
REALLY using those  
reusable bags?  
Really?**

**Be honest.**

**Even for your  
fruits and  
veggies at  
the store?**

**What about  
at home?  
Those Ziplocs  
look pretty  
plastic to me!**

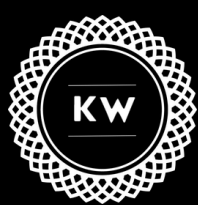


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**If you're already on the  
Reusable Bag Train, Great!**

If not, here's what you need to know

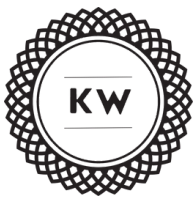


# CONSIDER SWAPPING SINGLE USE PLASTIC BAGS

## "FUN" FACTS

- Plastic bags are used for an average of 12 minutes, but a single bag has a life expectancy of up to 1,000 years.
- The average American family takes home almost 1,500 plastic shopping bags a year.
- Approximately 500 billion plastic bags are used worldwide annually. More than one million bags are used every minute.
- The U.S. uses 100 billion plastic shopping bags annually. An estimated 12 million barrels of oil is required to make that many plastic bags.
- Number of marine animals killed each year due to plastic bags: 100,000
- Only 1% of plastic bags are returned for recycling.





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**TRY THESE SWAPS INSTEAD!**

# REUSEABLE BAGS

In 2019 there were 618,795 people in Monmouth County NJ. Based on the statistics, that's **928,192,500 plastic bags a year.**

Read that again. I had to, be cause that's **unbelievable.**



These are my own produce bags. This haul alone saved **8 plastic produce bags** and **at least 15 grocery bags.**

That may seem like a drop in the bucket but if we all made this change, in just our county?

**WHAT A BIG DIFFERENCE!**

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# ALTERNATIVE OPTIONS FOR: GROCERY STORE BAGS \*

**You can't go wrong with a tote!**

**This is a great opportunity to shop local!  
Try to find ones made of recycled material,  
like this one from Interwoven in  
Asbury Park, NJ.**

## **INTERWOVEN X BAGGU REUSABLE LEOPARD BAG**

- Holds 2–3 plastic grocery bags worth of stuff.
- Made from 40% recycled nylon sourced from pre-consumer waste.
- Holds 50 lbs.



\* While some reusable bags have their own environmental issues (Google Denmark Reusable Bag Study) overall, they're still better than constantly putting more single use plastic that won't biodegrade out into the world.



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# ALTERNATIVE OPTIONS FOR: PRODUCE BAGS

**Bag up veggies and bulk grains, beans and nuts in these produce bags.**

**Simple Ecology's  
Muslin Reuseable Produce Bags**



- Natural, organic, fabric
- Bonus: These bags slow produce decay by allowing ethylene gas to escape while storing food in the refrigerator and pantry, keeping fruits and vegetables fresh longer.
- One of a select few US-based companies certified by the Global Organic Textile Standard (GOTS), for strict environmental & social (workers) criteria.
- Available on Amazon in a variety of sizes



# ALTERNATIVE OPTIONS FOR:

# SANDWICH & SNACK BAGS

(Yknow...Ziploc Bags)

## BioBags



- Take about 3 - 6 months to fully decompose (vs hundreds of years for a plastic bag)
- Made from plants, vegetable oils, and compostable polymers, and it can be consumed by microorganisms
- Available at Grove Collective (at a comparable price to regular snack bags)
- BPA Free



## Stasher Bags

- Dishwasher safe, oven safe, fridge and freezer friendly, microwave safe
- Silicone is inert, non-toxic, and safe for food
- It resists microbes and holds up to hot and cold temperatures
- Variety of sizes
- BPA Free

