**Kathy Hawkins shared the items listed below during her short presentation at the February seminar. These items will help you eliminate single use plastics.**

**Many of these products are available through Amazon but check your local grocery stores. They often have some of the items.**

**Silicone Stretch Lids** – great for covering storage bowls and are reusable and washable.

**Silicone Bowl Lids -** reusable, washable, and microwavable

**Reusable Bees Wax** – This replaces plastic wrap. You can buy it in a roll or small pieces. When they start to break apart, you can compost it.

**Stasher Reusable Silicone Storage bags** – Microwave and dishwasher safe

The average family uses and throws away 500 plastic bags each year.

**Reusable and washable cotton mesh produce bags** -These come in three sizes – small, medium and large. Each bag has a tare weight (weight of the bag) that will be deducted when you check out.

**Reusable cotton produce bags** are great for holding food items from the bulk section of your grocery store. You want cotton bags made of a solid material.

**IKEA** – has stretchy Silicone food bowl covers called Overmats. They also have 9” X 13 covers.

**None of silicone products are recyclable but they will last for many years**.

**GUPPYFRIEND Washing Bag**

Synthetic fabrics lose microplastics, especially in your washing machine. The particles ultimately end up in rivers and oceans and harm nature and our health. With the GUPPYFRIEND Washing Bag, you can easily prevent this: It collects fiber shedding during washing, thereby protecting your clothes, and reliably filters microplastic particles out and catches them in the bag before they pollute water.