

The Story of Plastic – What's Next?

Learn more about the films by visiting their official websites here:

Storyofplastic.org

Breakfreefromplastic.org

Tips for learning about proper disposal of plastic:

Check out the Eagle County [Waste Wizard](#) webpage

[Waste Wizard article in the Vail Daily](#)

Or download the app through:

[App Store - Apple](#)

[Apps for Android – Google Play](#)

Tour your local Materials Recovery Facility (MRF) or contact your hauler for more information

<https://www.walkingmountains.org/programs/free-eagle-county-recycling-tours/>

https://www.eaglecounty.us/RecyclingWaste/Recycling/Where_to_Recycle/

Tips for reducing plastic consumption at the grocery store:

- At the grocery store, purchase fresh fruits and vegetables rather than prepackaged, processed, or frozen varieties.
- Bring your own reusable bags to the grocery store. Always keep them in a noticeable and easy-to-grab location such as in your car, by your front door, etc.
- Bring your own bags for produce instead of using the plastic bags provided. These are easy to find and order online.
- Visit these Eagle County Farmers' Markets: [Vail Farmers' Market & Art Show](#), [Edwards Farmers' Market](#), [Minturn Market](#), & [Basalt Sunday Market](#). If you don't have the time or means to shop at the farmer's markets yourself, get fresh local food delivered at <https://www.allthegoodstuffdelivered.com/>.
- If you have the time and inclination, consider growing your own food to cut down on plastic food packaging. Go to <https://www.eaglecounty.us/csu/> for more information.

Tips for reducing plastic consumption at restaurants:

- When getting a drink or coffee to-go, bring and use a reusable cup or mug.
- Opt to patronize restaurants that use compostable cups, plates, and cutlery rather than plastic ones.
- Avoid using single-use plastic utensils. If ordering take out, let them know you have your own utensils at home or simply bring your own.

Tips for reducing plastic consumption in your everyday life:

- Avoid plastic packaging as much as you can. Instead, try to purchase items in paper or cardboard.
- Look for places to buy goods without any packaging. In Eagle County, go to <https://www.fillandrefill.com/> for many basic necessities.
- Buy items in bulk to avoid unnecessary plastic packaging. Buying in bulk also saves you money.
- Avoid plastic water bottles; reusable bottles are more efficient and save money. Tap water is generally safer and passes more stringent standards than bottled water.

Tips for changing your habits and behaviors:

- Think before you buy: Do you absolutely need this item? Can you borrow it from a friend or neighbor instead? Can you repair or reuse an older item instead?
- Remember the 3 R's: Reduce, Reuse, and Recycle. They are listed in the order for a reason. Reducing consumption has by far the biggest impact. Whenever possible, reuse an older item rather than buying a new one. Look for thrift stores, garage sales, or online reselling groups for many common items. After all this, If you do need to purchase a new item, look for materials that are recyclable in your area and make sure to follow the local recycling rules.
- Participate in river or highway cleanups. Check out the [Eagle River Watershed Council](#) to learn more about our local river cleanups.
- Join a zero waste group for education, tips, and support on your favorite social media site.
- Research what organizations, like those listed in the links above, are doing to combat this issue. You can get involved, donate, or spread the word to your peers.
- Call, email, or meet in person with your elected government representatives. Demand
 - bans on expanded polystyrene aka Styrofoam, plastic bags, and single-use plastics
 - and end to subsidies for the fossil-fuel industry
 - Extended Producer Responsibility laws
 - that industries and corporations be held accountable for the public health impacts of their products, from extraction and production all the way through to its waste, disposal, or reuse