

# The Gainesville Zero Waste News

## Breaking Up with Plastic

Deciding when to sever ties can be daunting, but the moment has arrived for each of us to confront the reality and minimize our plastic consumption. The proliferation of plastic waste is rapidly infiltrating our environment, with microplastics now being found in our bodies, and nanoplastics in the very air we breathe.

Breaking up hurts, but here are some painless ways we can get over our obsession with plastic:

- **Skip Plastic To-Go Items** – When ordering takeout on your favorite app, be sure to indicate that you don't require plastic cutlery or any of the other extras. The City of Gainesville has already enacted a **Single-Use Plastic Food Accessories By Request Only** ordinance, so restaurants should not be providing unnecessary items by default.
- **Breathe New Life Into Used Items** – Have you ever been to a Fix-It Clinic? Repairing and learning to re-love old items reduces the generation of new plastic materials and delays their discard date. Skip cheap, flimsy plastic, and upcycle or fix something you already have.
- **Support Local Zero Waste Retailers** – Our town is rich in bulk/refill shopping options, secondhand stores, and informal neighbor-to-neighbor online groups. These communities make it easy for you to participate in a circular economy and cut ties with plastic.
- **Embrace Reusable Shopping Bags** – Single-use plastic bag bans are unfortunately forbidden in the state of Florida, so this is the route we're left with. Remember to always bring your reusable cloth bags in with you when shopping. Leaving them at home or in the car denies these bags their purpose and the chance to contribute to our planet. If you don't possess reusable shopping bags yet, why delay?



Hold your head high, and ditch your toxic ex – plastic. If you're having moments of weakness and thinking of going back, come to [gainesvillefl.gov/ZeroWaste](https://gainesvillefl.gov/ZeroWaste) – and follow us on social media @ZeroWasteGNV on [Facebook](#) and [Instagram](#) – for support.

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