



The Ministry of
Economic Growth
and Job Creation



@MEGJC_JM

PLASTIC FREE SUMMER!

*Do something drastic,
pick up the Plastic!*



**FOCUS
ON
LIVING
NOT
WASTING**

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ALTERNATIVES TO SINGLE-USE PLASTIC, PACKAGING AND MATERIALS

Jamaica has instituted a ban on single use plastics. However, if you would like to use less plastic products, and to do your part to curb plastic waste in the world, here are some alternatives that you may consider.



Stainless steel is durable and easy to clean. You can replace your plastic forks, knives and spoons, lunch boxes, plastic water bottles and other utensils with this hardy metal.



Glass is inexpensive, reusable and recyclable. Quite a number of food item are packaged in glass and once the food item is finished, the jars can be repurposed to store leftovers and home made drinks .
Decorated glass jars also make nice gifts.



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Beeswax-coated cloth is used primarily as a replacement for plastic wrap and plastic bags. It is easy to use and to clean.



Replace your plastic bags with natural fiber reusable and washable cloth bags.



Wood from sustainably-managed forests can replace plastic utensils in the household such as spoons forks and spatulas as well as cutting boards.



Bamboo is a fast-growing, renewable and lightweight material that is found extensively in Jamaica. Bamboo can replace plastic in items such as tableware and drinking straws.



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The ban on single use plastics instituted by the Government of Jamaica has heralded a return to the good old paper bag for some merchants. Although it is a great alternative to plastic, it is difficult to reuse paper bags, especially when they are used to transport cold or wet items.



Many companies and restaurants are now packaging their products in plain cardboard to cut down on waste. Cardboard boxes can also be used to replace storage containers in your home.

Some companies are working on fully compostable (in some cases edible) packaging. Examples include mushroom packaging which is a combination of agricultural waste and mushroom root. It is most commonly used to replace polystyrene packaging.



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Switch to non-liquid soaps. Liquid soaps, shampoos, and detergents have added enormous amounts of plastic and microplastics to the environment. Look for soaps and shampoos without microplastics and opt for solid(bar) soaps and shampoos.



While some of these swaps may not be available or perhaps feasible in the Jamaican context, they are just a few suggestions you may consider, as you work towards changing your mindset and habit from the single-use 'throw away' culture spawned by plastic packaging, to more sustainable alternatives. The idea is to find something that works for you, and integrate that into your lifestyle. Using less plastic today will result in a better tomorrow for all.

