A Fast Look from EHHI

A Plastics, Microplastics & Nanoplastics Checklist

Where Plastics Sneak Into Our Lives and How You Can Reduce Exposure

Microplastics and nanoplastics are found throughout our environment and in many everyday products. While research continues to better understand their effects on human health, you can take steps to reduce unnecessary exposures.

In the Kitchen & Dining

- ☐ Drink filtered tap water when appropriate instead of bottled water.
- ☐ Store food in glass, stainless steel, or ceramic containers instead of plastic.
- ☐ Avoid microwaving food in plastic containers.
- ☐ Avoid placing hot foods or liquids in plastic containers.
- ☐ Replace scratched or damaged plastic food containers.
- ☐ Reduce use of plastic wrap on warm foods.
- ☐ Choose fresh foods over heavily processed foods packaged in plastic.
- ☐ Use reusable water bottles made from stainless steel or glass.

Around the Home

- ☐ Vacuum regularly using a HEPA filter.
- ☐ Wet dust instead of dry dusting to capture fine particles.
- ☐ Open windows when outdoor air quality permits.
- ☐ Choose natural fiber rugs, curtains, and furniture.
- ☐ Replace old foam furniture that is breaking down.
- ☐ Reduce unnecessary plastic household items when replacing products.

Clothing & Personal Care

- ☐ Choose clothing made from natural fibers such as cotton, wool, or linen.
- ☐ Wash synthetic clothing only when needed.
- ☐ Wash full loads of laundry to reduce microfiber shedding.
- ☐ Air dry clothing to reduce wear on synthetic fabrics.
- ☐ Avoid personal care products containing plastic microbeads.
- ☐ Choose reusable personal care products.

Outdoors & Recreation

- ☐ Support playgrounds that use wood chips or engineered wood fiber instead of shredded tire rubber.
- ☐ Support athletic fields that use natural grass.
- ☐ Avoid burning plastics or household waste.
- ☐ Dispose of plastics properly to help prevent pollution of waterways.
- ☐ Participate in community cleanups to reduce plastic pollution before it breaks down into microplastics.

Shopping & Everyday Choices

- ☐ Bring reusable shopping bags.
- ☐ Choose products with less plastic packaging.
- ☐ Buy long-lasting durable products.
- ☐ Use less single-use plastics such as utensils, plates, cups, and straws.
- ☐ Select refillable products when possible.
- ☐ Read labels and avoid products with unnecessary plastic components.

Every Small Change Helps

You don't have to eliminate plastics from your life to reduce exposure. Small, practical choices—especially around food, drinking water, household products, clothing, and recreation—can help reduce unnecessary contact with microplastics and nanoplastics while supporting a healthier environment.

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