

CHENNAI IS TALKING ABOUT

Pics: Collections/Getty Images

# KEEP PLASTIC AT BAY; LIVE YOUR LIFE THIS WAY!

CONTINUED FROM PAGE 1



## HYGIENE PRODUCTS

Diapers and sanitary napkins are necessary evil that only pile up in landfills and end up choking sources of water and drainage. Select diapers and sanitary napkins that are made of cloth or natural fibres and are biodegradable or reusable. You can buy them from many brands in Chennai, such as EcoGreen Cloth Diapers, Tiny Tots, Super Bottoms, which are priced between ₹249 and ₹1,200. When it comes to sanitary napkins, manufacturers are upping the ante by creating biodegradable and skin-friendly pads with diverse natural components. Eco Femme and Sakura Magic are some of the companies from Tamil Nadu that do it. You can also order online from brands like Heyday, Aanandi Pads, Saathi Pads. These range from ₹30 to ₹1,000.

## DISPOSABLE CUTLERY

Stop buying disposable plastic/styrofoam plates and glasses for house parties and while travelling. Edible cutlery is gaining momentum and seems to be a fun alternative as well. Buy cutlery made of areca palm leaves from manufacturers such as Simply Urbane, located at Besant Nagar in Chennai, Magnus Leaf in Coimbatore, and Biosworld in Sivagangai District of Tamil Nadu. Namma Boom in Chennai creates tableware such as plates and glasses made from biomass derived out of plants. They also create edible spoons from jowar. These eco-friendly cutlery cost anywhere between ₹2 and ₹1,000.



## KITCHENWARE

Indian mothers are known for using plastic jars for storing and packing tiffin. But they need to stop using plastic jars and use glass bottles, containers, and jars instead. Glass comes to packing tiffin for tiffin boxes.



## HOUSEHOLD ITEMS

Several objects made of plastic form an imperative part of your daily life. But have you ever stopped to think what people used before adopting plastics? It is time we went back to using the original ancestors of these quotidian objects and reduce the plastic count. These ubiquitous objects include buckets, mugs, dust pans, which can easily be replaced with metal backups. Light and portable plastic furniture such as chairs, tables, and stools can also be displaced with equally light natural materials such as cane.



## PERSONAL CARE

If you look around and keep a track of the objects you use every day, you will realise the number of things that are made of plastic, and these can be easily swapped with eco-friendly material. Toss your plastic toothbrushes for bamboo brushes. These are available online from brands such as Purrganics, NV, Nicobar, etc priced between ₹70 and ₹400. Wooden combs are easily available in regular hair accessories shops and these are beneficial not just for the environment but for your hair as well as it gets rid of static and does not make your hair dry, which can happen with plastic combs. Discard the plastic loofah and instead, use natural loofahs that are obtained from plants fibres. Evict the disposable plastic razors, too, from your bathroom and make space for the good of conventional.

## SKINCARE

Plastic plays a major role in our lives. You can do your part by using plastic bottles, tins, and conditioners come in plastic. Buy products in eco-friendly packaging. Also choose organic skin conditioners that come in glass packaging. Use products that are made of bamboo as exfoliants, as they are water sources such as marine life, and their chain via the



## PLASTICS IN CHILDREN'S LIVES

Have you grasped how plastic has taken over children's lives as well? Most of the toys and school-related paraphernalia are made of plastic. Substitute school stationery with wooden/metal rulers, geometry cases, pencil boxes, and cloth/canvas school bags. And bring back the culture of cloth, wooden, and natural toys.

The #PlasticGottaGo campaign is run by Chennai Times in collaboration with Citizen consumer and civic Action Group.