

REDUCE MICROPLASTICS THAT ENTER OUR WATER SUPPLY

Have you heard about microplastics? All the plastic that ends up in our lakes, oceans, and waterways (it's a LOT) breaks down into tiny, microscopic, particles that are then consumed by sea life and are not filtered out in our residential and commercial water supply. That means that all of the food we humans consume contain microplastics, and it's even in the water we drink. These microplastics can have an effect on human health at the cellular level. According to a recent study by the World Wildlife Fund, people could be ingesting as much as a credit card's worth of plastic each week!

Even the clothes we buy and wear can make an impact on this problem. If you can, try to purchase only clothes made of natural materials, like cotton, linen, and wool which, unlike plastic, have fibers that all break down naturally. But sometimes that's impossible, as in the case of athletic wear. In those cases, there are several options out there for reducing the amount of microplastic that breaks off of your clothing and leeches into the water supply. Here are just some of the options:

<https://us.guppyfriend.com/>

<https://coraball.com/>

<https://www.treehugger.com/planetcare-filter-captures-microfibers-5081906>