



## Thirsty Thursday: Drink cups

This Plastic Free July, we've talked about plastic bottles, but what about **plastic cold drink & coffee cups**? They show up on every beach cleanup, and can be made of non-recyclable plastic (such as Polystyrene #6), plant-based plastic (which does not biodegrade, as is often claimed) or polyethylene (PETE #1) — all challenging to dispose of responsibly. **Even so-called "paper" cups are often lined with plastic in order to hold liquid longer.**

Cup Challenge: With a little practice, **your reusable coffee mug or cup can become your default for beverages on-the-go.** During the pandemic, since many shops aren't accepting mugs from home, consider brewing your own coffee before heading out, to save not only a single-use cup, but a few dollars, too!

Photo credit: Laura Ludwig