



PROBLEMATIC PLASTICS & WHAT TO USE INSTEAD

A minimalist guide to reducing single-use plastics for
homes, brands, and businesses.





NO
SUP
USE

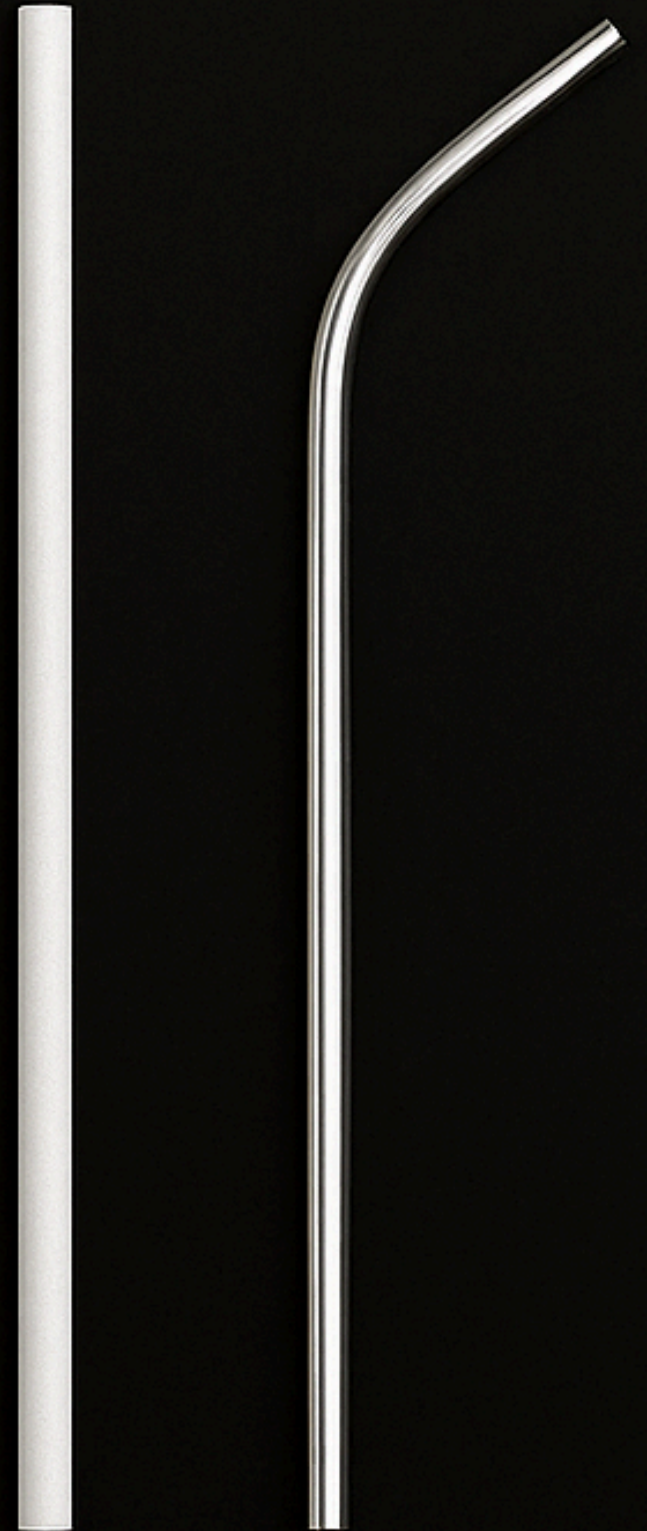
PLASTIC STRAWS

WHY THEY'RE A PROBLEM

- Used for minutes, pollutes for centuries.
- Lightweight → easily blown into waterways.
- Not recycled due to size and contamination

BETTER ALTERNATIVES

- Paper, bamboo, pasta, or reed straws
- Reusable steel, silicone, or glass straws
- Skip altogether — **Just Sip It.**



Source:
Kenya Plastics Pact Elimination List
Elimination Manual for Single-Use Plastics





NO
SUP
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DISPOSABLE CUPS, PLATES & BOWLS

WHY THEY'RE A PROBLEM

- Extremely short lifespan.
- Contaminated food waste makes them non-recyclable.
- High waste volumes at events, offices, and takeaways.

BETTER ALTERNATIVES

- Compostable: Bagasse, palm leaf, rice husk.
- Durable & reusable: Ceramic, glass, stainless steel.



Source:
Kenya Plastics Pact Elimination List
Elimination Manual for Single-Use Plastics





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PLASTIC CUTLERY

WHY THEY'RE A PROBLEM

- Used for minutes → end up in landfills or nature.
- Too small, contaminated → not recycled.
- Commonly found in marine litter.

BETTER ALTERNATIVES

- Wooden or bamboo cutlery
- Bring-your-own stainless steel set



Source:
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PLASTIC COTTON BUD STICKS

WHY THEY'RE A PROBLEM

- Top 10 items found on coastlines globally.
- Fall through waste systems easily.
- Harm marine animals when ingested.

BETTER ALTERNATIVES

- Paper-stem or bamboo buds
- Silicone reusable buds



Source:
Kenya Plastics Pact Elimination List
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NO
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PLASTIC STIRRERS

WHY THEY'RE A PROBLEM

- Still widely used in cafés and offices.
- Non-recyclable and unnecessary.

BETTER ALTERNATIVES

- Wood, bamboo, or paper stirrers
- Stainless steel reusable stir sticks



Source:
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NO
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PLASTIC WRAP / CLING FILM

WHY THEY'RE A PROBLEM

- Non-recyclable
- Easily contaminated with food
- Breaks into microplastics

BETTER ALTERNATIVES

- Beeswax wraps
- Cloth covers
- Reusable glass containers
- Compostable cling films



Source:
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PLASTIC WATER & JUICE BOTTLES

WHY THEY'RE A PROBLEM

- High consumption → huge waste volumes
- Many end up in landfills, drains, rivers
- Coloured bottles reduce recyclability

BETTER ALTERNATIVES

- Refillable stations
- Provide reusable bottles
- Glass bottles or dispensers
- Clear PET only (easier to recycle)





NO
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PVC & PETG SHRINK SLEEVES

WHY THEY'RE A PROBLEM

- Contaminate PET recycling streams
- Require manual removal → rarely recycled
- Often end up discarded

BETTER ALTERNATIVES

- Direct printing / in-mould labels
- Eco-friendly adhesives
- Water-soluble labels



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POLYSTYRENE (PS) FOOD PACKAGING

WHY THEY'RE A PROBLEM

- Non-recyclable in Kenya
- Breaks into toxic microplastics
- Lightweight → widespread litter

BETTER ALTERNATIVES

- Bagasse, moulded pulp, cardboard, cornstarch
- Durable HDPE or reusable containers



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MULTI-WRAP PLASTIC AROUND CANS & BOTTLES

WHY THEY'RE A PROBLEM

- Not recyclable
- Easily escapes into nature
- Fully unnecessary for most products

BETTER ALTERNATIVES

- Cardboard sleeves
- Paper wraps
- Reusable crates
- Pick individual items instead of bundled packs



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Kenya Plastics Pact Elimination List
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WHAT YOU CAN DO TODAY



REFUSE



REUSE



REDUCE



REFILL



REPLACE

About NO SUP USE Campaign

No SUP Use is a collaborative campaign to eliminate problematic and unnecessary **single-use plastics (SUPs)** across Kenya, starting with the hospitality and tourism sector, through the principles of Refuse, Reduce, Replace, Reuse, and Refill.

By displaying the No SUP Use mark, businesses show their commitment to reducing plastic waste, protecting Kenya's natural beauty, and leading the way toward nationwide change.

Look for the 'No SUP Use' logo and support businesses that are protecting our environment. Your choice at the counter makes a difference.

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