

THE IMPACT OF YOUR DAILY CUP OF JOE



SINGLE USE CUPS

Due to a plastic inner lining, most takeaway cups are not recyclable. Biodegradable cups are great IF they are disposed of in a commercial grade composter. Be aware of which bin you throw them in as they **cannot go into recycling**. If they are thrown in the general waste that goes to a landfill, they emit climate-damaging methane gas as they break down.



What you can do:

- **AVOID** using a takeaway cup – Sit, sip and relax in your local cafe.
- **ACCEPT** biodegradable cups if you have a compost facility nearby.
- **REUSEABLE** mugs and cups, and other reusable products on the market, are great investments.



K-CUPS

The plastic in coffee pods takes more than **500 years** to break down, releasing harmful amounts of methane gas as it does so. Furthermore, only 5% of the pods produced are made from recycled materials while the other 95% is generally non-recyclable composite plastic.



What you can do:

Buy reusable pods or ditch the k-cup machines all together for drip or espresso machines.



TEA BAGS

Most tea bags contain plastic, and are therefore not compostable!



What you can do:

Use loose-leaf teas or find a tea company that does not use plastic in their packaging like T2, Twinings, and Tielka.

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