

# SPECTRUM OF SUSTAINABILITY



## Single-Use

Very toxic to our health and the environment/wildlife as they mistake micro and nanoplastics for food and ingest it. Bioaccumulation occurs, small amounts matter.

## Reuse

### 1: Styrofoam Cup

**Single Use**  
Reasonably anticipated to cause Cancer

### 2: Polystyrene Lids

**Single Use**  
Styrene, the molecular building block of all polystyrene, is present in 100% of the samples of human fat the US EPA collected from all 48 continental United States. Styrene is considered a human carcinogen by the World Health Org. International Agency of Research on Cancer.

### 3: Paper Cup

**Single Use**  
Drinking hot beverages from paper cups with linings that contain plastic (to prevent seepage) can flood the body with hazardous microplastic chemicals that can have serious impacts to your health.

### 4: Bioplastic Cup

**Single Use**  
Bioplastics utilize farmland that could be used to feed people. In landfills, they take decades to breakdown and emit methane. They pose threats similar to PET plastic, and require specialized equipment to break them down properly, which most municipalities don't have. Don't account for herbicides and pesticides in their biomaterials. They also may reduce the amount of recycling we can do.

### 5: Aluminum Can with BPA Liner

**Single Use**  
**Infinitely Recyclable**  
Aluminum cans post a health risk by leaching aluminum or BPA chemicals into their contents.

### 6: Reusable Plastic Cup

**400+ Uses**  
Not a favorite material, but increased stability with cold drinks and reusable many times over.

### 7: Porcelain Mug (Post 1971)

**1000+ Uses**  
**8: Ceramic Mug (Post 1971)**  
**1000+ Uses**  
Recyclable to masonries (into brick).

### 9: Bamboo Cups

**300 Uses**  
Breakdown easily, non-toxic to the environment.

### 10: BPA-Free Aluminum

**1000+ Uses**  
**Infinitely Recyclable**

### 11: Food-Grade Stainless Steel

**1000+ Uses**  
**Infinitely Recyclable**

### 12: Glass

**1000+ Uses**  
**Infinitely Recyclable**

