



# Sustainable Swaps

## Paper Towels & Napkins

“Sigh.” You see that empty roll of paper towels again and think about how much money you are throwing away, literally! At about \$2/roll the cost adds up quickly. Compound this with the cost and waste of paper napkins and the impact is even greater. Switching over to reusable towels and napkins is a great way to save money, clean up more with less, *and* take care of our natural resources. Plus, cleaning them is often as easy as throwing them in your laundry or dishwasher!



Here are some ways making the switch will help you out:

1. **Saving Money** - Yep, you are spending too much. Using just 2 paper towel rolls a week & a 200 pack of napkins a month will cost you ~\$250/year.
2. **More absorbent** - Ever try to clean up a big spill with single use towels? You end up with a huge pile of soaked mess.
3. **Ideal to clean up all types of jobs** - Having towels that don't rip is huge when taking on a tough project. Scrubbing, cleaning, and soaking up spills...reusable towels do it all.
4. **Eco-Friendly** - Cut back on the huge number of trees cut down to make paper products (not to mention the energy to produce & transport them)



**Feeling ready to make a change?** Alright! Here are some places you can go to find the right swap for you. There are many alternatives from bamboo/cotton/linen (organic is best) to swedish dishcloths and cellulose sponges. Of course, the best swaps may be already in your home in the form of old t-shirts and towels converted to napkins, towels, and rags!

[https://www.etsy.com/market/reusable\\_napkins](https://www.etsy.com/market/reusable_napkins)

**We want to hear from you!** We'd love your feedback on these swaps, your sustainable swap ideas, and more on what you want to hear about for future editions. Email us at [EAC@Thornbury.org](mailto:EAC@Thornbury.org).