

OUR PICKS OF THE WEEK

At Nat Geo, we want to help you make smart choices about what to buy—and why. In this weekly email, we'll share with you the coolest, most intriguing products we've come across. **This week: reusable alternatives for the kitchen.**

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PHOTOGRAPH COURTESY AMAZON

These Pyrex glass food containers may not be as pretty as the company's pricier vintage bowls, but you'll still get years of use out of them. [Buy them here.](#)

Living a [zero waste lifestyle](#) may not be practical for most people—but that doesn't mean you can't make small changes in your daily life. One place to start is in the kitchen. Here are a few things to keep in mind, followed by some easy swaps below:

—Don't buy reusable items unless you're actually going to reuse them. [Reusable doesn't necessarily = sustainable.](#)

—Plastic bags don't have to be single-use. I've found plastic freezer bags to be pretty sturdy and can be used multiple times to store frozen food. Just rinse by hand and air-dry.

—Instead of using aluminum foil or plastic wrap to preserve leftovers, go retro: Cover the bowl with a plate. Works like a charm.

—Don't microwave your meals in plastic containers. [Many plastics contain harmful chemicals](#) that leach into your food and can harm your brain, liver, and reproductive system. Heat aids the process, so opt for glass instead.

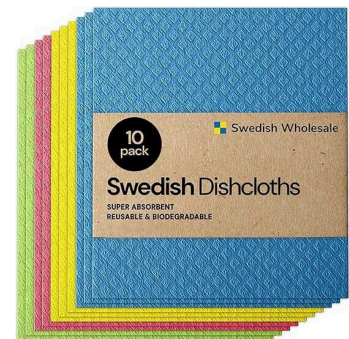
—*Janey Adams, National Geographic's director of digital engagement*

INSTEAD OF PAPER TOWELS ...

Swedish Dishcloth Cellulose Sponge Cloths

These are super absorbent, great for cleaning and can be thrown in the washer. They're also a good alternative to microfiber cloths, which clean well but [shed microplastics](#).

BUY NOW



PHOTOGRAPH COURTESY AMAZON



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Earthly Co. Reusable Paper Towels

Made of cotton flannel, these towels are sturdy and come in rolls, as well as an assortment of patterns to match your kitchen aesthetic.

BUY NOW

INSTEAD OF PLASTIC STORAGE CONTAINERS ...

Pyrex Glass Food Container Set

Since it launched in 1915, Pyrex glass containers have become synonymous with durability. I've been using this set for years—and I haven't broken a single piece.

BUY NOW



PHOTOGRAPH COURTESY AMAZON



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Stasher Reusable Silicone Storage Bag

These popular bags are cute, easy to clean, and come in multiple sizes. Bonus: If your Stasher gets damaged, you can send it back to the company for free, so it can be "repurposed" into a new product rather than ending up in a landfill.

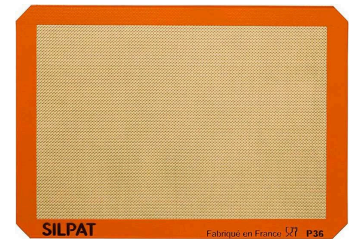
BUY NOW

INSTEAD OF ALUMINUM FOIL ...

Silpat, The Original Premium Non-Stick Silicone Baking Mat

This reusable baking mat is made with food-grade silicone and can be used up to 3,000 times with proper care, according to the company.

BUY NOW



PHOTOGRAPH COURTESY AMAZON



PHOTOGRAPH COURTESY AMAZON

If You Care Parchment Baking Paper, Unbleached

If you don't want to spring for a silicone mat, try lining your baking sheets with unbleached parchment paper. Although it isn't reusable, it is compostable.

BUY NOW

INSTEAD OF COFFEE FILTERS OR PODS ...

Frieling Double-Walled Stainless-Steel French Press Coffee Maker

Switching to reusable metal or cloth coffee filters, or sending used coffee pods to be recycled are all great ideas. You could also do what I did and switch to a classic French press. I've had [this stainless steel model](#) for 12 years (but they also come in pretty colors), and it still makes an amazing cup of coffee.

BUY NOW



PHOTOGRAPH COURTESY AMAZON

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