

How to make your kitchen Eco Friendly

saveserenity.wordpress.com/2018/09/13/how-to-make-your-kitchen-eco-friendly

September 14, 2018

As the hustle and bustle of the school year kicked off, including soccer practice and games and gymnastics for each kid.

I've taken the steps, like many other parents to work on making my child's lunchbox more eco-friendly. This includes reusable sandwich bags, reusable straws, stainless steel cups, wax wraps and unpaper towels.

But take it easy, this didn't make my preparation harder.. it actually made life so much easier! Everything is washable and I never run out. There is no garbage left around the house or backpacks.

I'll share with you my two favorite shops for making your kitchen a healthier, happier place.



I also fell IN LOVE with SuperBee Wax Wraps and they have seriously changed my life. One of the most frustrating things to me is finding bowls of food in the refrigerator uncovered because there is no lid or someone was too tired to deal with annoying plastic wrap (I hate plastic wrap).



SUPERBEE
WAX WRAPS







The SuperBee Wax Wraps come in so many sizes and have so many more uses than just covering bowls (though that's my favorite!). They last TWO years with proper care (gentle cleaning with eco friendly detergent soap, do not put in dishwasher, heat or put in washer).





SuperBee makes eco friendly reusable products from wax wraps, toothbrushes, glass straws, bags and more!

Why avoid Cling Wrap? Here's what forerecycle.co.uk has to say:

“Cling film – or plastic wrap, as it is known elsewhere in the world – is a thin plastic film which clings to itself or other smooth surfaces, meaning it can handily cover food without the need for any extra devices or fasteners. Cling film can be made from a variety of plastics, however the original and most popular material is polyvinyl chloride (PVC). Not only is there talk of this plastic being harmful to human health, it is also a single-use product, meaning it is ending up in landfill and in our oceans where it is causing harm to the environment and nature.

What is the threat to human health?

Plastic is made up of chemicals, and there has long been concern surrounding the leaching of these chemicals into the natural environment, and transference of them into our food and drink.”

It is also not recyclable and not easily biodegradable as it leaches chemicals for years and years in the ocean and on land.

If that's not enough to make you ditch the plastic, the research proves plastic has over 175 cancer causing chemicals.



A little about the brand trying to change all that, [SuperBee](#) from their Etsy shop:

“I’m an Australian ex-pat living in Chiang Mai, Thailand with my German husband and two children. I started making the wraps in my kitchen for my own use. My friends and family thought it was a great idea and the demand grew. The name SuperBee was thought of by my son Noah- for it was to be the SuperHero who saves the world from Plastic. My online shop launched in July 2016 and has grown ever since. Now I have employed the girls of the local villages to empower them in their community and to support them and lead a women empowerment network helping those who might not have as much opportunity as others.

My wraps are made with love. They are reusable, sustainable and completely eco-friendly. No bee is harmed in the process of extracting the wax for which I get from a local farmer here in Thailand. I shop the fabrics at a local market so they change regularly. The use of plastic is harming our world as we do not have the space for the landfill. it is harming our oceans and killing our animals. We all need to make our stamp on the world in doing what we can to be conscious of what is happening around us. This is my contribution. I hope you enjoy them as much as we enjoy making them for you in order to make our world a better place. Bee Happy!”

And [SuperBee Wax Wraps](#) on Instagram too!