

# Plastic Planet Earth

Michelle Lambert

In her recent "[Plastic Planet Earth](#)" talk, Michelle shares the story of how she attempted to go plastic-free in her home.

You can hear her talk in a podcast available at "[Steppin off the Edge](#)". In her talk she references some products and websites that she found helpful and convenient as a Kanata resident.

[LUSH](#) at 43 William street or 1200 St Laurent Blvd For plastic free shampoo, conditioner, bath product, deodorant, soap and lip balm.

[Home Sense](#) at 5617 Hazeldean Road - For wooden kitchen utensils and glass and stainless steel containers.

[The Butchery](#), Bells Corners at 3655 Richmond Road, Bells Corners Meat wrapped in paper on request.

[Natural Food Pantry](#) at 442 Hazeldean Road - For Pinehedge Farms yogurt, milk & Kifer in glass jars.

[Carp Farmers Market](#), [Kanata Farmers Market](#) and [Ottawa Farmers Market](#) - Check them out for handmade, plastic-free soap like Opeongo Mountain Meadow Soap.

[PearleVision](#) – for stylish eyeglasses made from 100% recycled materials

[Ottawa.ca](#) – for recycling tips for all sorts of items including disposal tips for non-recyclable items.

[Boomerang Kids](#) – for gently used children's toys without all the packaging.



## Web Resources:

[myplasticfreelife.com](#) – This blog by Beth Terry of Oakland, CA. is extremely informative and inspiring. Follow her journey to living plastic free.

[Lifewithoutplastic.ca](#) - Great information about plastics and great online source for non-plastic household items.

[Noplastic.ca](#) - a terrific source for plastic free storage containers and other items

[Goodguide.com](#) - an incredible website that rates consumer products on 3 key areas, environmental practices, human rights policies and health effects.

[Eco-Dent.com](#) - for plastic free dental floss.

*Movies you may want to check out – [The Story of Stuff](#) by Annie Leonard, [Plastic Planet](#) by Werner Boote, [Hawaii](#), [Message in the Waves](#) by the BBC*