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Most products found on supermarket shelves are packed in plastic
Wikipedia Commons

[Living Plastic-Free Poses a Difficult Challenge](#)

The chemical is a part of our daily lives

It's common knowledge that melamine and bisphenol-A are just two of the compounds that go into plastic that are certainly unhealthy, and potentially lethal for humans. The impact that plastic leaves on the environment is also long-lasting and harmful, so it would stand to reason that a large number of people are against the use of this product altogether. But renouncing this standard American product may prove to be extremely difficult, even in the case of people who take it upon themselves to spearhead this effort.

For an average family with small children, refusing to buy plastic translates into more costs. That is to say, instead of buying plastic diapers, parents have to opt for paper ones, which are degradable. Instead of bottled water and soda, which all come in plastic bottles, the family has to opt for metallic ones, which are more expensive, but last longer.

Another positive aspect of a lack of plastic in the household is the fact that the adults have to cook meals more often, instead of buying frozen foods from the supermarkets. This, in turn, helps them become healthier and even lose weight. However, some people may find having to cook a meal for the whole family after a hard day's work a bit too much.

Because plastic is so cheap to produce, its costs are very low. Buying the same products in other types of package may add a few extra dollars to the total sum, which may make the family's bank accounts a bit leaner.

For the average American family, a plastic-free attitude would also imply changes in mentality and way of life, in that people would have to start buying locally, from farmers' markets, bakery shops and other individual shops, where only one assortment of products can be found. This would also imply renouncing the commodity of going to a supermarket and expecting to buy everything in one place.

Those who want to adopt a more plastic-free lifestyle complain about the fact that supermarkets and hypermarkets do not have other options for packaging other than plastic. Even fresh vegetables are packed in the stuff, as are all fruits, and everything else actually.

Unfortunately, until most people decide they want an alternative, large chain stores and producers will not introduce new packages for their merchandise, as plastic is the cheapest and the easiest to produce of all.