

## **June 2018 Council Action of the Month-Switch to a bamboo toothbrush!**

*Why do we want you to do this?*

A toothbrush is something necessary that we all must use for good hygiene. The American Dental Association [recommends that you replace your toothbrush every 3-4 months](#). So, for the rest of your life, to maintain good hygiene, you will have to use 3-4 new toothbrushes every year. That is just for yourself. Now think about the total amount of toothbrushes that your household, the residents of your town, your county or all of TN use each year. Imagine how much plastic can be offset by those groups just by making a simple change. Most plastic toothbrushes on the market are neither recycled or recyclable and the amount of plastic waste in our landfills, river, lakes and oceans is growing exponentially each year. In addition, bamboo can grow over 4 feet a DAY in the right conditions so, it is a truly renewable resource!

We are big fans of bamboo toothbrushes because the handle is completely biodegradable and compostable. You can literally take out the bristles, (the bristles can be pulled out with pliers or strong tweezers) then throw the handle into your compost pile, where it will decompose naturally. The Moso bamboo used by WooBamboo, who manufactures them, is sustainably harvested. The [Moso bamboo](#) is grown naturally, without any added chemicals or pesticides of any kind. Plus, it's coated in a natural wax to keep it silky and dry! Also, pandas don't eat Moso bamboo, so WooBamboo isn't taking away from the [pandas' food sources](#).

For sanitary reasons the toothbrushes must be shipped in a recycled plastic sleeve as shown above but the packaging is minimal and a typical toothbrush would also be packaged in plastic which may or may not be recycled. In most places, the sleeve will not be recyclable again. Please check with your local recycler to see if they recycle this type of plastic before putting in your recycling bin. In most areas, the sleeve should go in the trash.

Instead of using the typical petroleum-based, non-recyclable plastic toothbrushes, we want you to start using a bamboo one. It's our *June Council Action of the Month!* The WooBamboo brushes work just as well and last just as long as the typical brush. We have tried the bamboo toothbrushes ourselves and we love them! We are NEVER going back to plastic toothbrushes!

Were you inspired by or did you participate in our [June Action of the Month](#)? [Take our short survey to tell us why or why not!](#)