

June 2019 Action of the Month: Choose Environmentally Friendly Toilet Paper

Choosing more environmentally friendly products is one the easiest yet most important ways to lessen our impact on the environment. This month, we want to address the topic of toilet paper purchasing. As most toilet paper is made from trees, it's important to choose a brand made with a high percentage of post-consumer recycled material. Some of the larger most well-known brands, like Charmin, use 0% recycled material in their TP.

Earlier this year, the Natural Resources Defense Council (NRDC) released a toilet paper sustainability scorecard (pictured left). The scorecard looks at factors like the products' percentage of recycled content, whether the bleach used minimizes toxins, and whether, if the tissue is made from virgin forest fiber, it is sourced from Forest Stewardship Council (FSC)-certified forests.

By following this scorecard you can reduce the number of virgin trees that are cut down to make your toilet paper. If you don't see your brand on here but you know it contains at least 50% post-consumer recycled material, don't worry, it would probably score at least a B.

There are also many bamboo toilet paper products available that can be sustainable alternatives to those using virgin wood pulp. Though we've heard bamboo tissue is softer, it's not as low-impact as TP made from post-consumer recycled paper products. Additionally, when you buy products made from bamboo, you need to make sure the bamboo is sustainably sourced (look for FSC-certified) to ensure that forests were not cut down to grow the bamboo instead.

To our knowledge, hemp toilet paper is not on the market yet although, it most likely will be available in the near future. Once on the market, the FSC-certified label will apply here too.

Of course, you could avoid toilet paper altogether and opt for a bidet!

So, save the trees by choosing an environmentally friendly toilet paper with post-consumer recycled content this month and hereafter! It's our Action of the Month!