



The Better Cup Guide

SUPPORT CAFES THAT SUPPORT THE ENVIRONMENT AND GET A DISCOUNT!

YOUR INDISPENSIBLE GUIDE TO REUSABLES & DISPOSABLES

RANKED HERE FROM BEST IN SHOW TO NO NO NO! #BYOMUG

	RATING	UP SIDES	DOWN SIDES
 <p>MUG ceramic or enamel</p>	●●●●●	<p>Highly durable</p> <p>Can be reused for many years. Look for cafes with a mug library, grab a cup from your office kitchen or take five to drink in! Dishwashable.</p>	<p>Not designed for a hand/manbag.</p>
 <p>JAM JAR with bands</p>	●●●●●	<p>Re-uses materials that would otherwise be waste or recycling</p> <p>Can be reused for many years. You can style it up yourself with silicone bands.</p>	<p>Lo-fi solution. High smashability.</p>
 <p>STAINLESS STEEL reusable cup</p>	●●●●○	<p>Insulated, unbreakable</p> <p>Can be reused for many years. Lighter to carry and made from highly durable (often recyclable) materials. Dishwashable.</p>	<p>Don't flip your lid if it's not recyclable!</p>
 <p>CLAY reusable cup</p>	●●●●○	<p>Hand crafted & durable</p> <p>Holds heat well. Pottery is basically "cooked earth" and can be returned to the environment.</p>	<p>Old School and bulky.</p>
 <p>GLASS reusable cup</p>	●●●●○	<p>See your coffee! Recyclable</p> <p>Can be reused for many years. Made from highly durable, recyclable material. Dishwashable.</p>	<p>Pesky plastic parts. High smashability.</p>
 <p>BAMBOO reusable cup</p>	●●●○●	<p>Lightweight & durable</p> <p>Can be reused for many years. Made from low-impact biodegradable material. Dishwashable.</p>	<p>Bamboo isn't always 100% bamboo. Check with your local panda.</p>
 <p>SILICONE reusable cup</p>	●●●○●	<p>Lightweight & durable</p> <p>Can be reused for many years. Squeezes down small. Dishwashable.</p>	<p>Do not squeeze when full! Silicone is the sister of plastic, made from oil and gas.</p>
 <p>PLASTIC BPA-Free reusable cup</p>	●●○●●	<p>Lightweight & durable</p> <p>Can be reused for many years. Often have replaceable parts. Dishwashable.</p>	<p>Plastic is made from oil and gas.</p>
 <p>COMPOSTABLE single-use cup</p>	●●○●●	<p>Lightweight & compostable</p> <p>Proper compostable lids & cups will break down in your garden. Check with supplier.</p>	<p>Single-use. Do some research, not all lids and cups are fully compostable in the garden and can end up in landfill.</p>
 <p>BIODEGRADABLE single-use cup</p>	●●○●●	<p>Can be recycled at industrial facility</p> <p>Check with supplier.</p>	<p>Single-use. Which bin to put it in? We're as confused as you are! We need more collections to avoid these ending up in landfill.</p>
 <p>PLASTIC-LINED single-use cup</p>	●○●●●	<p>Lightweight</p>	<p>Single-use. They don't break down and are a pollution disaster.</p>
 <p>STYROFOAM single-use cup</p>	○●●●●	<p>Lightweight</p>	<p>Single-use. Avoid styrofoam, did you know it's been banned in New York?</p>

This resource is intended as a handy guide, not gospel. Your best bet is always **choose to reuse**. Kick the disposable habit. The more you use something, the lower your eco footprint! Clean your cup. Keep it handy! www.responsiblecafes.org

Design by Catfish creative