

WHY YOU SHOULD "SKIP THE SLIP"

WHAT GOES INTO RECEIPTS

13 BILLION GALLONS OF WATER

If current trends continue, the UN estimates by 2030 our demand for water will surpass its steady supply by 40%. We must use water more efficiently and end processes, including making paper receipts, which waste 13 billion gallons of this vital resource every year.

12.4 MILLION TREES

Forests absorb roughly 40% of global fossil fuel emissions. They're a powerful protector against climate change. But, deforestation releases that captured carbon back into the atmosphere, contributing a quarter of global greenhouse emissions. We need to reduce pressure on forests by curbing wasteful items like receipts, which take over 12 million trees each year.

1.5 BILLION POUNDS OF WASTE

When receipts are tossed out, they add a lot of waste to landfills each year and emit methane during decomposition. This potent greenhouse gas has over 80 times the heat-trapping power of CO₂ in the same period, escalating climate change.

250 MILLION GALLONS OF OIL

Receipt paper production requires at least 250 million gallons of oil each year, which would fill over 7 million car gas tanks. Oil production can result in air and water pollution from spills and well explosions. Thousands of people are threatened by pollution from wells, tanks, and pipelines.

WHAT GOES INTO YOUR BODY

BPA & BPS

These hormone-disrupting chemicals coat most paper receipts and serve as color developers (they make the info appear on the paper). Some companies shifted to "non-BPA" paper, but replaced it with BPS: a similar, substitute chemical. BPA & BPS are easily transferred to anything touching the paper in mere seconds, including our hands.

HEALTH EFFECTS

BPA is shown to impact fetal development and is linked to health issues like reproductive impairment, autism, and type 2 diabetes. Studies observe BPS may be just as harmful as BPA, but there is less awareness of the dangers of BPS among the public. The European Commission has issued a ban on BPA in thermal paper to begin in 2020, but no such law or regulation has been put into place in the U.S.

WASTEFUL

We're advised to not throw thermal paper receipts into municipal recycling, because this can lead to the contamination of other fibers. No one wants traces of BPA or BPS to end up in their recycled content paper towels! This means we are wasting tons of fiber which could be used in recycling, if it weren't laced with harmful chemicals.

EMPLOYEE SAFETY

Workers who have regular contact with receipts have over 30% more BPA or BPS found in their bodies than other adults. It's also clear many employees exceed the European limit for BPA of 4,000 ng per day through contact with thermal paper receipts. Employees should not have to sacrifice their health for their jobs, and companies must begin using available alternatives to toxic paper.

WHAT CAN CUSTOMERS DO

Green America's Skip the Slip campaign strives to end wasteful paper receipts by working to make digital the default option. We also advocate for non-toxic paper receipts for customers who desire a paper slip, to protect employee and customer health. Digital receipts also have environmental impacts, through the energy used to power and send emails. But, the carbon footprint of an average email is vastly outweighed by what trees can sequester when left in the ground.

A mature tree can absorb enough carbon to accommodate the emailing of 70 individuals each year. We must reduce wasteful energy consumption and replace fossil fuels with renewables, and we also need to reduce pressure on our forests. Here are ways you can take action:

DECLINE

Begin every purchase transaction by saying you won't need a paper receipt and decline when asked by the cashier if you'd like one (we call this "skipping the slip"!).

GO DIGITAL

Urge companies you patronize to adopt digital receipt options and non-toxic receipt paper. You can advocate in person or ask via social media or email.

FOLD IT

If you do take the receipt, you can fold it printed side in to lessen exposure, since the back of thermal paper is often not coated.

SPEND LESS

Be mindful of the products you purchase, since everything we buy has an impact on the planet. And the fewer purchases we make, the fewer receipts to reject.

WHAT CAN EMPLOYEES DO

CONFIRM

Confirm if your receipt paper is thermal and has BPA or BPS coating by contacting the company that provides your workplace with receipt paper.

ALWAYS ASK

Ask customers "Do you want your receipt?" rather than automatically printing it.

EDUCATE

Provide information to your employer about the risks of coated receipts and ask your employer to consider non-toxic and digital alternatives. Also, share tips on how to reduce exposure to other employees.

PROTECT

Wear nitrile gloves to decrease BPA/BPS exposure if your job requires contact with thermal paper receipts.

Wash your hands after touching receipts using soap and water instead of alcohol-based hand sanitizers or lotion (which increase BPA/BPS absorption).



Green America®



SKIP THE SLIP