

What's Wrong with Single-Use Pods such as K Cups?

- As a single-use product, most K-cups will end up in the landfill. Even the inventor of the cups regrets the idea! 1
- In 2013, so many K-cups were produced that they could circle the earth 10.5 times, and more are produced every year 2
- They're more expensive than traditional drip coffee 3

Greener Alternatives to the K-Cup

1. Traditional drip coffee maker (minimal packaging, filter, and coffee grounds are compostable)

Commercial coffee makers that have a large dispenser with beans that grinds and pours one cup at a time (these aren't cheap though). Please do a search to see what is out there.

2. Personal cup pod coffee makers with permanent refillable coffee filters or coffee pods

3. Refillable and reusable single-use pods such as:

o o FROZ-CUP 2.0

- FROZ-Cup 2.0-6 Refillable/Reusable KCups for Keurig 2.0 - K200, K300, K400, K500 Series and All 1.0 Brewers
- Stainless Steel.

o Delibru Refillable K-cups

- 100% BPA free Plastic, which is also 100% Dishwasher safe

o Perfect Pod EZ-Cup Refillable Capsule

- Reusable K-Cup with Disposable (compostable) Paper Filters
- BPA-Free plastic or stainless steel.
- Compatible with Keurig and most common brewing machines

o Ekobrew Refillable K Cup

- Reusable K-Cup with built-in stainless steel coffee filter. Fill, use, rinse, reuse.
- The pod is 100% BPA- and lead-free.

Universal Cafe Pot

- Universal Compatibility- works with 1-Stream and MultiStream Technology (5-Stream) Brewers from Keurig & More.

References:

- <https://www.npr.org/2023/01/21/1150530714/yeah-actually-your-plastic-coffee-pod-may-not-be-great-for-the-planet>
- <https://www.usatoday.com/story/tech/2019/03/13/heres-why-your-used-k-cups-coffee-pods-arent-usually-recycled/3067283002/>