

TAKE ACTION AGAINST PLASTIC

Learn about plastic generation, disposal, and pollution as well as how to cut down on your waste!



PLASTIC FACTS

- Only 9% of plastics are recycled.
- Most plastics are not biodegradable and last hundreds of years in the environment.
- Single-use plastics represent 33–66% of beach plastics.
- 90% of ocean plastics are microplastics.
- Cigarette butts, food wrappers, and plastic beverage bottles are the most common type of plastic waste found on beaches.



PLASTIC AUDIT

Count how many plastic items you touch while preparing a daily meal. What about when you get ready in the morning? Can you find ways to reduce your plastic use by switching to a sustainable alternative?

Remember, energy is required to create and recycle plastics, and plastics that cannot be recycled remain in our environment.



WHAT CAN I RECYCLE?

Look for the recycling logo on your plastic items. This logo will contain a resin number, which indicates the type of plastic. Use this number and refer to your local municipality's guidelines to learn what types of plastics can be recycled in your area.

THE PLASTIC LIFECYCLE

Once discarded, plastics can end up in a recycling facility, landfill or incinerator, or as environmental pollution.

Only a fraction of plastics are recycled. Clean recyclables contaminated with food and dispose of them in designated recycling bins.

The majority of plastics are sent to the landfill and may be incinerated, which releases toxic pollution and CO2 emissions into the air.

Plastics that are not disposed of properly often end up in our environment, particularly in waterways. Here they can be ingested and are harmful to aquatic life.



PLASTICS & COVID-19



The COVID-19 pandemic has led to an increase in plastics from online shopping, takeout orders, and disposable protective equipment, such as plastic masks.

Unfortunately, this has increased the number of plastics found in our waterways.

REDUCE YOUR WASTE

- **Use Reusable Masks** - Rather than using single-use masks, purchase a few cloth masks and rotate them between washes.
- **Buy in Bulk** - Purchase cleaning supplies and hand sanitizer in large quantities to cut down on plastic packaging.
- **Refuse Plastic Utensils** - When ordering takeout, refuse plastic cutlery and use household silverware. When picnicking, remember to bring reusable utensils.
- **Use Reusable Bags** - Many stores that prohibited reusable bags at the start of the pandemic now allow customers to pack their groceries in reusable bags.

Think About This

Have you used more plastic during the pandemic? How can you reduce plastic waste? Every action big or small makes a difference!