

# SAY NO TO PLASTIC

CONTINUING THE WORK OF PLASTIC FREE JULY, WE'VE GATHERED SOME FACTS & FIGURES ABOUT PLASTIC POLLUTION AND PROVIDE SOME SIMPLE SWAPS TO ENCOURAGE YOU TO REDUCE YOUR PLASTIC CONSUMPTION.

## DECLINE STRAWS

STRAWS CREATE MICROPLASTICS AND ARE A SERIOUS HAZARD TO WILDLIFE. CHOOSE METAL ONES INSTEAD OF PLASTIC.

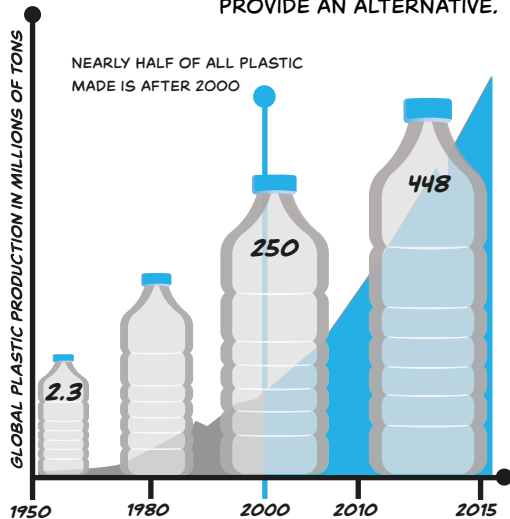
## WHAT IS PLASTIC POLLUTION?

PLASTIC POLLUTION IS PLASTIC IN PLACES IT SHOULDN'T BE. WE USE AND CONSUME PLASTIC AT A STAGGERING RATE IN THE MODERN WORLD AND IT IS SPILLING OVER IN TO NATURE

THE UK IS A **TOP 10** COUNTRY IN PRODUCING **MOST** PLASTIC WASTE PER CAPITA

## DITCH PLASTIC TAKEOUT CUTLERY

BRING YOUR OWN CONTAINERS AND CUTLERY AND ENCOURAGE RESTAURANTS TO PROVIDE AN ALTERNATIVE.



BY 2050, THERE COULD BE MORE PLASTIC THAN FISH IN OUR OCEANS

ACCORDING TO THE UNITED NATIONS

**AT LEAST 800 SPECIES ARE AFFECTED BY PLASTIC WASTE**

**SWITCH TO PAPER PARTY DECORATIONS**

GLITTER AND BALLOONS ARE EASILY BLOWN IN TO THE ENVIRONMENT AND CAN AFFECT WILDLIFE.

PLASTIC PRODUCTION SINCE ITS CREATION FOR COMMERCIAL USE IN THE 1950'S



MAJOR SUPERMARKETS IN THE UK HAVE GIVEN OUT 95% LESS PLASTIC BAGS THAN BEFORE THE BAG CHARGE CAME IN TO PLAY

**40%**

OF ALL PLASTIC PRODUCED IS **SINGLE USE**

**USE A REUSABLE COFFEE CUP**

TAKEOUT CUPS ARE NOT RECYCLED IN MOST AREAS, INCLUDING COMPOSTABLE ONES. TRY BRINGING YOUR OWN CUP INSTEAD.

**USE A REUSABLE WATER BOTTLE**

PLASTIC BOTTLES ARE ONE OF THE BIGGEST CONTRIBUTORS TO PLASTIC POLLUTION. A REFILLABLE BOTTLE COULD SAVE TONS OF WASTE.

INDIVIDUAL CHANGES CAN MAKE A **COLLECTIVE DIFFERENCE**



PLASTIC CAN TAKE 400 YEARS TO BREAK DOWN

CHECK OUT **PLASTIC FREE JULY** FOR MORE TIPS