



BEAT PLASTIC POLLUTION



Beat plastic pollution



Every year, 8M tons of plastic will land in the ocean. Imagine the accumulation in 10 years! time to rethink our attitudes of consumption & disposal of plastic. Make sure the disposal is in an appropriate location.



we use 1 million
plastic bottles
per minute –
which take a
thousand years
to
decompose?

Pizza for 4 ...and 26 single use #plastic items! Why?

Lack of awareness?

Price of plastic too cheap?

Lack of government regulations?

Lobby from plastic manufacturers?

All the above?

Must free ourselves from our addiction to plastic.

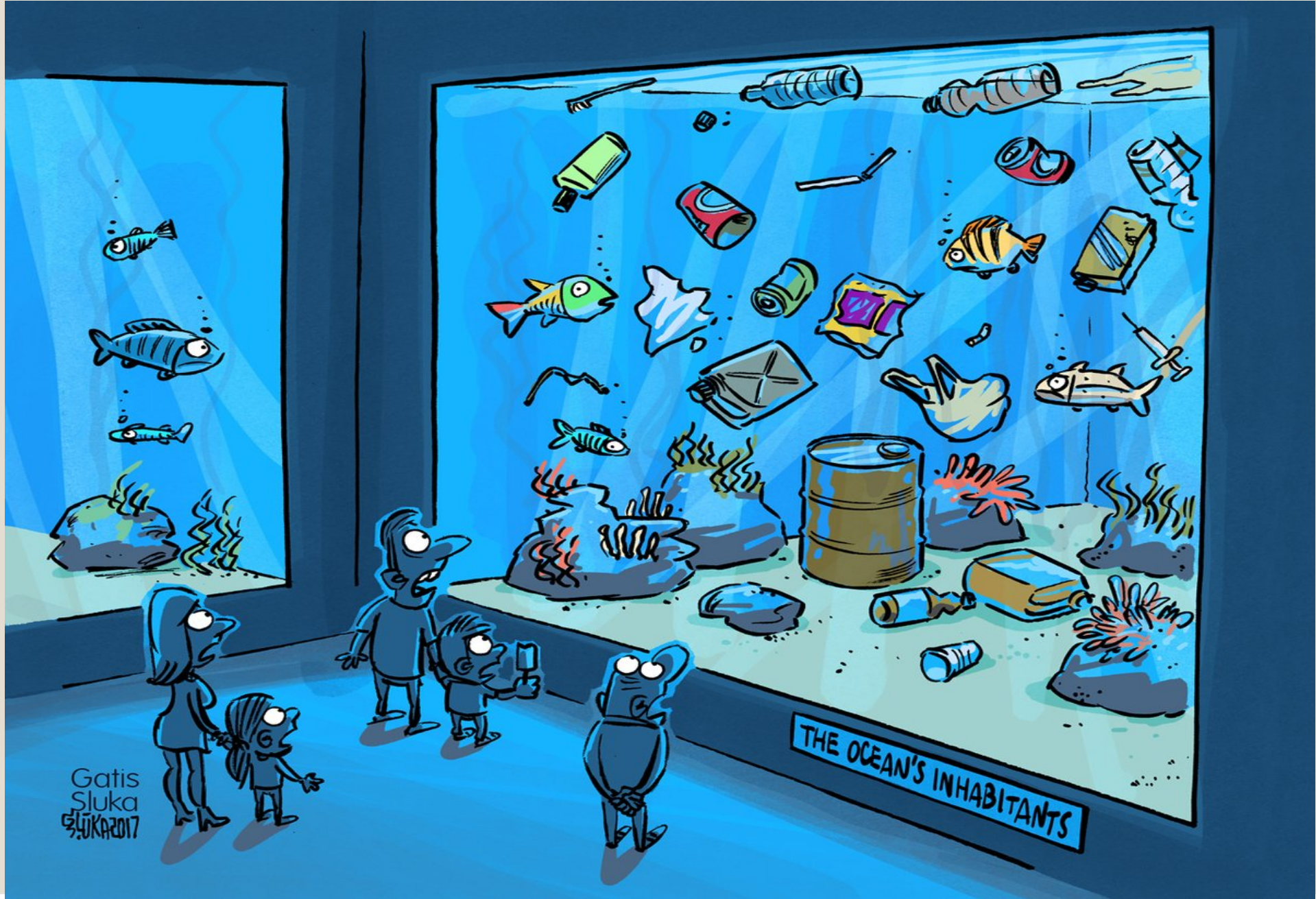




19TH CENTURY



21ST CENTURY

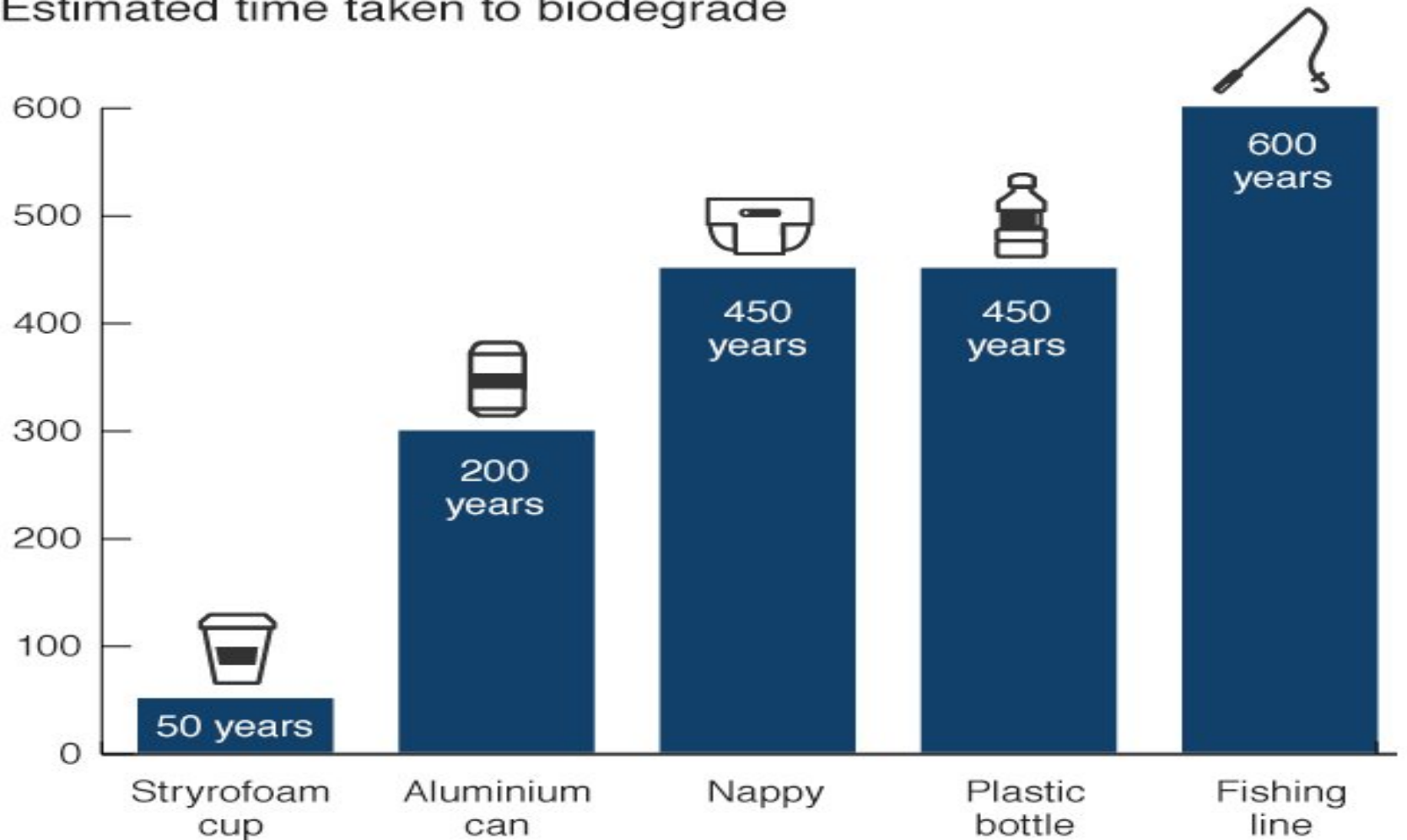


Gatis
Sluka
SLUKA2017

Are you breathing plastic air at home? Here's how microplastics are polluting our lungs

How long til they're gone?

Estimated time taken to biodegrade



Exact time will vary by product type and environmental conditions

Source: NOAA / Woods Hole Sea Grant



We love nature but our dependence on plastic is harming the environment.





Advocate for single-use plastic tax



Use reusable or degradable shopping bags made from starch, corn or potatoes



Buy unpackaged food



Pressure companies to use less plastic

What can you do?



Use paper, steel or bamboo straws



Lobby for plastic management strategies and recycling regulation



Invest in reusable containers and coffee mug



Look for alternative packaging, for example paper

#CleanSeas



Twenty ways to plastic-proof your routine (UNDP)



1. Use an eco-friendly bamboo toothbrush with natural bristles.
 2. Use natural fiber dental floss coated with beeswax.
- Traditional dental floss is made of nylon or teflon, the same stuff in non-stick pans.





- 3. Avoid non-stick pans coated in teflon. Teflon breaks down into microplastics, which are tiny pieces of plastic less than five millimetres. Not only are you eating it, but these tiny particles go through the sewage system into our waterways and oceans. We then eat the fish that eats these tiny plastic particles.

- 4. Say no to disposable plastic razors.



- 5. Use hair products without plastic ingredients like silicone and petroleum. Read labels carefully! Better yet, go waste-free. Try a natural shampoo bar instead of one with plastic packaging and quench your tresses with natural plant-based oils. [Eighty percent of all global industrial and municipal wastewater is released into rivers without any treatment.](#)

Silicone Free Shampoos

1:



2:



3:



4:





Have you switched to solids? Using soap and shampoo bars, instead of liquids, is just one way you can reduce your use of bathroom plastic!



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Best Ingredients for **NATURAL SKIN CARE**



Dr. Axe
NATURAL SKIN CARE

- 6. Leave microplastics out of your skincare routine. Look for natural products without exfoliating microbeads in your facial and skincare products. Some products offer sea salt and plant-based scrubs like crushed kernels of apricot and coconut husk.

- 7. Use a cotton wash towel, a hemp fiber “cotton round,” or organic cotton instead of disposable cotton swabs and rounds to deep cleanse your facial pores with toner or to remove make-up. While cotton disintegrates, the chemicals in cotton can leach into our environment or harm wildlife.

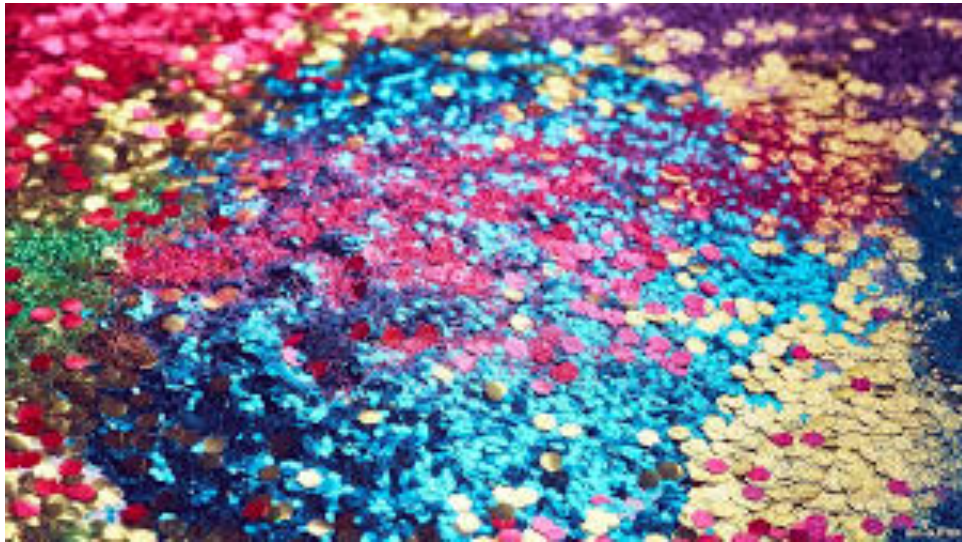


- 8. If you love to go fishing on your days off, be mindful to take your fishing gear home with you, especially your fishing lines. Ghost nets and ghost fishing gear like nylon lines, hooks and nets will continue to travel with the ocean current where they trap and tangle fish, birds and large marine life such as whales, for up to 1,000 years after their owners lose them or throw them off board. Forty-six percent of the Great Pacific Garbage Patch, a giant area of garbage as large as Texas, is made of ghost nets. This giant patch is currently moving through gyres, which are the highways of ocean currents worldwide, creating a vortex of tangling and choking garbage that pulls in nearby marine life and plastic garbage.



- 9. Skip balloons at parties and celebrations. Balloon scraps can choke and strangle animals and marine life.





- 10. Just say no to glitter. Shiny and tiny, this microplastic can be confused for food by fish.

- 11. Carry a reusable water bottle. Don't let your bottle be one of the 1 million plastic bottles which are bought every minute worldwide.

Own Your Own Water



Plastic Pollution



- 12. Carry a reusable plastic-free thermos for your morning coffee or tea.



- 13. Always keep a few reusable bags rolled up at home, at work and in your bag. Remember to also carry smaller reusable bags for fruits and veggies. More than 1 million bags are used every minute according to UN Environment.



- 14. Pack your own lunch in a reusable plastic-free container. It's healthier and saves money. Why not petition your favourite lunch food spot to replace plastic packaging with sustainable alternatives like BYO (bring your own) lunchbox and coffee cups.



Skip Plastic Straws



#BeatPlasticPollution



- 15. Say no to plastic straws. Opt for reusable metal straws to enjoy your smoothie.



Single-use plastic is used for an average of 15 minutes.



Empowered lives.
Resilient nations.

Say yes to less by saying no to plastic straws and other single use plastics



- 16. Opt for natural fabrics and textiles. Reduce the amount of clothes with synthetic plastic fabrics in your wardrobe. They release tiny microplastic dust particles that end up in our ocean and in our lungs. Even synthetic carpets and rugs release microplastics dust particles.



- 17. Use eco-friendly detergent, dishwashing sponge made of natural fiber and cleaning products that won't harm our rivers, coral reefs, and oceans.

- 18. Opt for plastic-free packaging if you can. Recycle your existing plastic. Reduce your plastic use. Even biodegradable plastic doesn't fully degrade. Of the 14 percent of plastic packaging that is recycled worldwide, only 5 percent is retained for use after an expensive and lengthy sorting and reprocessing.



**Please Don't
Litter**



**Help Keep Your
Community Clean**

- 19. Don't litter. Nearly one third of the plastic packaging used worldwide become litter that ends up clogging our city streets, sewage systems and ultimately travel to our rivers and oceans.



Why you need
behavior science

to get what
you want

- 20. Reducing plastic pollution will require big action from governments and businesses. Take civic action and adopt behavioral science in your approach. No matter our differences, it's best to identify one value that all community members can agree to work toward, for example, a clean park.

7 Massive Wins in the Fight Against Plastic in 2018

1. US Cities Took Action to Ban Plastic Straws



A photograph of a glass of iced whiskey and a can of Diet Coke. The glass is in the foreground, filled with a dark liquid, ice cubes, and a straw. The can is in the background, slightly out of focus. The text is overlaid on the image.

2. AIRLINES ANNOUNCE THEY WILL BAN SINGLE-USE PLASTICS

Chile is banning **plastic bags**
to protect our oceans



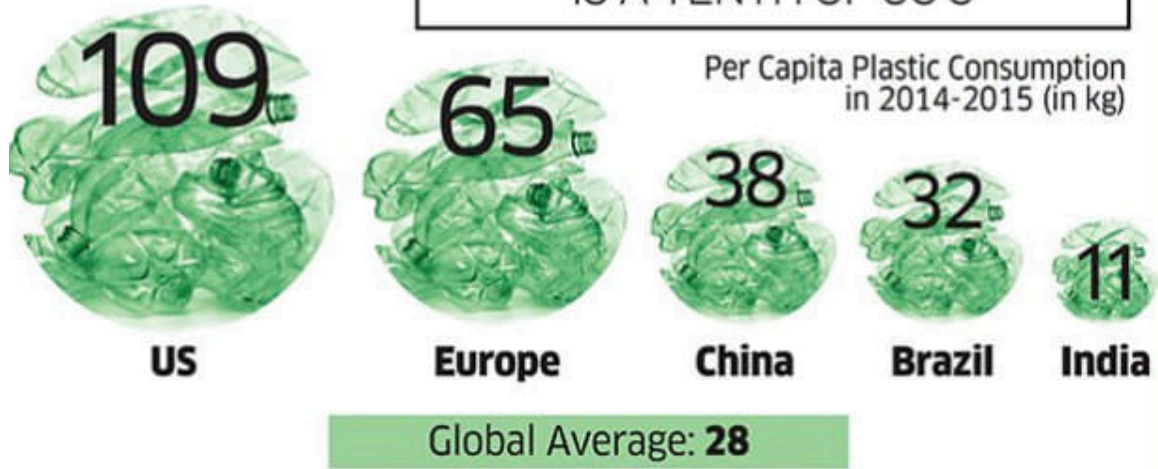
NinetyFive
@NinetyFive_UK



3. CHILE
APPROVES A
NATIONWIDE
BAN ON
PLASTIC BAGS



INDIA'S PLASTIC CONSUMPTION IS A TENTH OF US'S



4. India Announces Plan to Ban All Single-use Plastics

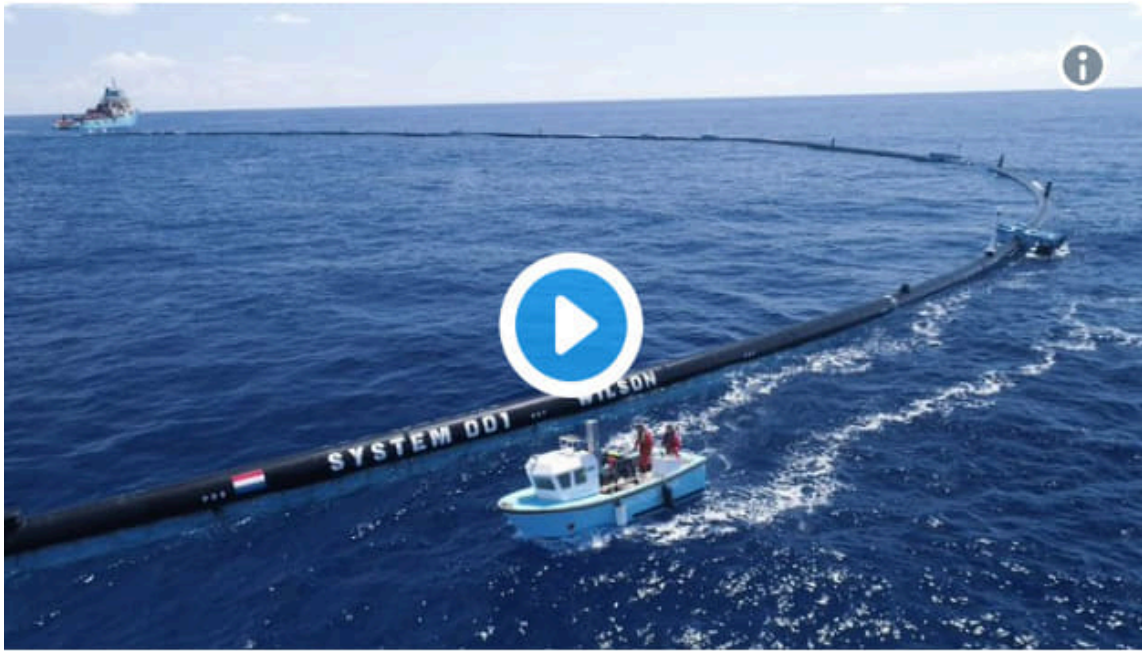


World Economic Forum ✓
@wef



India will abolish all single-use plastic by 2022, vows Narendra Modi [wef.ch/2Jiz6To](https://www.wef.ch/2Jiz6To)
[#environment](#)

♡ 786 9:30 AM - Aug 1, 2018



THE OCEAN
CLEANUP

The Ocean Cleanup 
@TheOceanCleanup



A recap of the last four weeks in the Great Pacific Garbage Patch.

♡ 2,258 11:29 PM - Nov 21, 2018

💬 858 people are talking about this



5. Nonprofit Leads Effort to Clean Up the Great Pacific Garbage Patch

6. Corporations Take Action on Plastic



7. Communities Around the World Find Innovative Ways to Curb Plastic Pollution



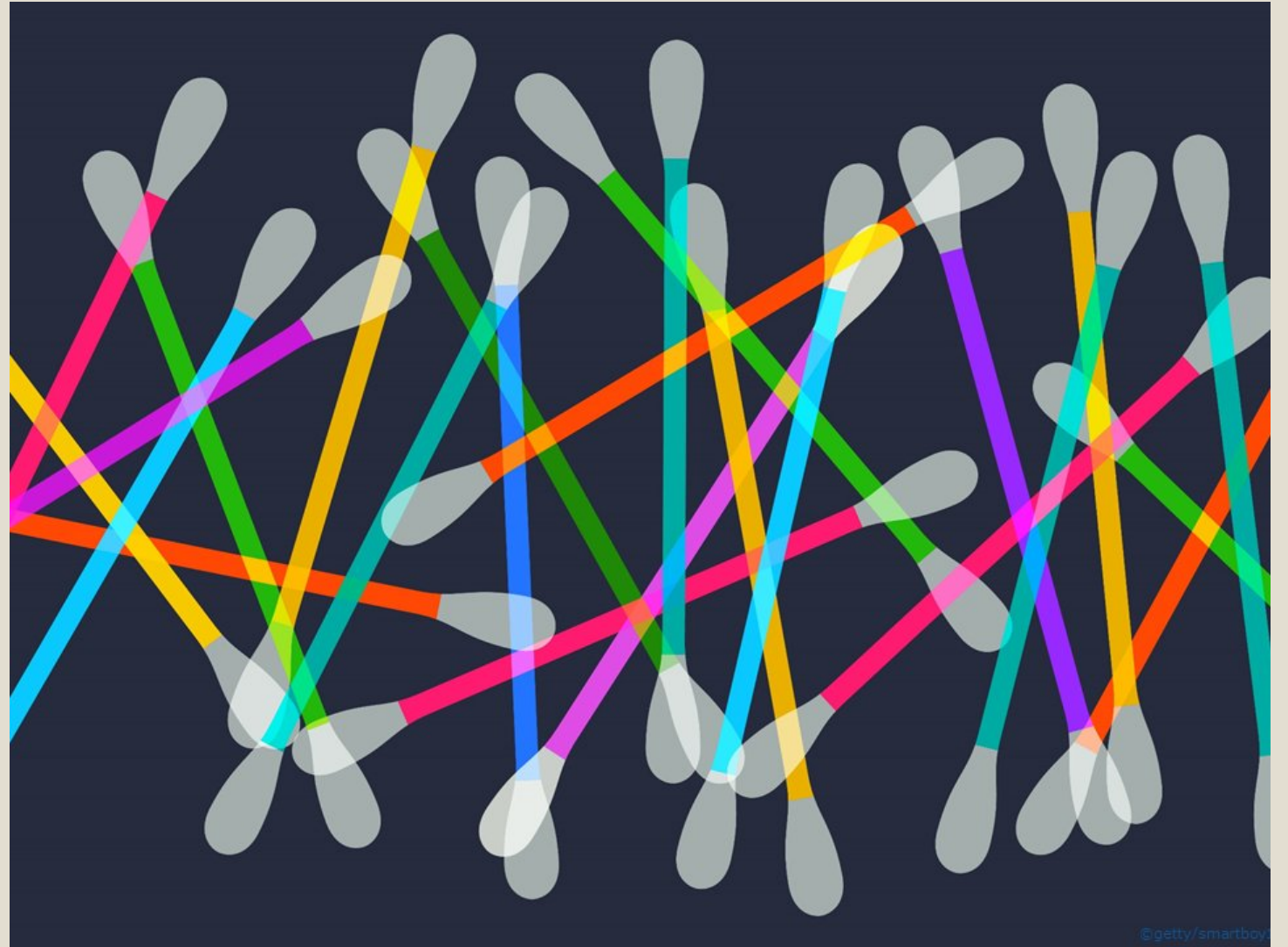
“It is an honour to work with UNDP and the government to free ourselves from the plastic that is so polluting,” Victor says. “It is painful to see so much trash in the streams and know that it is going to end up in the rivers and the sea. We need everyone and every sector to make an effort to ensure a healthy environment for ourselves, my daughter, our children.”



References

- **UN Development program, 20 ways to** plastic-proof your routine
<https://medium.com/@UNDP/20-ways-to-plastic-proof-your-routine-cb923546f0e7?fbclid=IwAR0QeP6LyY9J6bWkGeap8ZccO2TUYFILByzKAyXWz37cSu1vwwJzU1KmGW4>
- Maes, S & Ngalle, J, 7 Massive Wins in the Fight Against Plastic in 2018
<https://www.globalcitizen.org/en/content/wins-fight-against-plastic/>

Italy is the 1st
EU country to
say goodbye
to single use
plastic
cotton buds.





Portuguese
airline Hifly
airline takes
off with
world's first
plastic-free
flight:
(16.1.19)

- There is a recycling hero in all of us
- What can you do for your environment?



Thank You