

Join the Plastics Free July Challenge

The [UN ENVIRONMENT REPORT](#) reveals that just nine per cent of the world's nine billion tons of plastic has been recycled. Most of our plastic ends up in landfills, our oceans and waterways, and the environment. Plastics do not biodegrade. Instead they slowly break down into smaller pieces of plastic called microplastics.

It can take thousands of years for plastic bags and styrofoam containers to decompose. In the meantime, plastics contaminate our soil and water. The toxic chemicals used to manufacture plastic transfer to animal tissue, eventually entering the human food chain.

Take personal action!

Help protect the environment by **reducing** single use plastics in your life, and choosing **reusable** alternatives. Challenge yourself to replace one single-use plastic with a reusable alternative **this week**. Better yet, take the ultimate challenge and go plastic free in July. Here are a few tips for how to get started:

- Plan ahead: carry a shopping bag, container for leftovers, reusable water bottle or coffee cup etc
- Purchase plastic free snacks: fruit, veggies, bulk snacks in reusable containers
- Refuse a straw in a restaurant or carry your own reusable straw
- Think before you buy: try bar soap, non-plastic toothbrush, avoid balloons
- Repeat this mantra, *If you can't reuse, refuse*

See a more extensive list of tips and actions to reduce single use plastics here [Plastic Free July](#)

You may find your plastic free life becomes a habit.

Comments welcome at itseasybeinggreen.uws@gmail.com

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It's Easy Being Green is a triBloomingtondale neighborhood education and action group on climate change