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It's Easy
Being Green

Our Favorite Month Is Here: Plastic Free July!



Step right up to take the Plastic Free July challenge! Here's your chance to learn ways to cut back on single-use plastic and do something helpful for the

planet. Once you find out how easy it is, you may want to break your plastic habit forever.

Why Should We Care?

- In the past six decades over 8.3 billion metric tons of plastic has been produced.
- About 90% ends up in a landfill.
- Plastics don't really break down, instead, they break up and become microplastics.
- Microplastics get into the water, are eaten by wildlife, and end up inside our bodies.
- Reducing plastic use is the most effective solution.

For more background read the NRDC article, Single Use Plastics 101 at <https://www.nrdc.org/stories/single-use-plastics-101>

What Can We Do?

Pledge to take the Plastic Free July Challenge here: <https://www.plasticfreejuly.org/> and be a part of the solution.

Jumpstart your efforts by reading these tips offered by Plastic Free July: <https://www.plasticfreejuly.org/get-involved/what-you-can-do/category/getting-started/>

Follow and support the work of Beyond Plastics at <https://www.beyondplastics.org/>, an excellent organization committed to building a movement to end plastic pollution. Judith Enck, its dynamic founder, served as Regional Administrator of the U.S. Environmental Protection Agency for NY and NJ during the Obama administration.

Enjoy the challenge and please let us know how it's going. Contact us at itseasybeinggreen.uws@gmail.com

To find out more about IEBG, visit our website:

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