

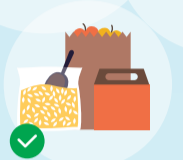
# HOW TO REDUCE YOUR PLASTIC IMPACT

## WHY WE SHOULD GIVE UP PLASTIC?

While it is an important material when used effectively, providing multiple benefits to modern day living, plastic consumption is already at an unsustainable level. Plastic is created with non-renewable resources, can take thousands of years to degrade, is polluting the natural environment, and has a significant negative impact on our oceans, wildlife, and human health. Around 50% of plastic produced is single-use, meaning it is used only once before being discarded, and much of it cannot be recycled effectively. So the best first step in battling this issue is to refuse, re-think, and reduce your plastic consumption.

## HOW WE CAN REDUCE OUR PLASTIC USAGE?

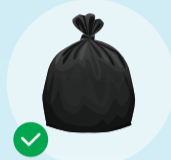
### AT HOME



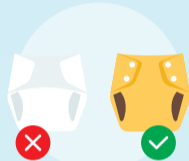
Choose plastic-free food packaging, try local markets, bulk stores and unprocessed foods



Make natural cleaning products at home and re-fill old containers



Stop using bin bags



Switch from disposable nappies and wipes to cloth alternatives



Ditch the cling wrap and opt for re-usable containers and wraps

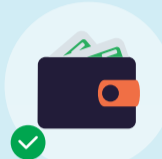


Ditch single-use makeup wipes, plastic ear buds and period products, switch to re-usable options

### USE YOUR OWN CUP



### WITH YOUR WALLET



Support local businesses who go plastic-free too



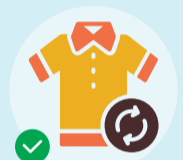
Buy good quality products that will last. Fix before buying new.



Buy products made of recycled materials to help create a circular economy



Invest with companies who choose earth-friendly practices

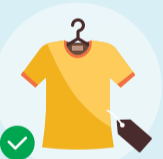


Buy second hand to reduce resources and packaging

EVERY  
PIECE OF  
PLASTIC  
EVER MADE STILL  
EXISTS  
TODAY

### SAY NO TO PLASTIC STRAWS

### AT PLAY



Choose clothing made with natural, organic materials to avoid ocean microplastics



Give up gum - it is mostly made from plastic



Ditch the glitter in your play, wrapping, cosmetics etc #GlitterIsLitter



USE YOUR OWN WATER BOTTLE



Ditch the coffee pods and tea bags that contain microplastics



Use refillable pens, pencils and highlighters



Make a grab-and-go kit to keep by the door: bottle, cup, cutlery etc



Buy good quality toys that last, or ask for alternative gifts for birthdays and Christmas

### USE YOUR OWN SHOPPING BAGS



Speak up - create a sustainability team, advocate for plastic-free practices



Print less, re-fill ink cartridges or use the Planet Ark recycling program



Avoid single use cutlery, straws and plates. Pack naked lunches.



the Coal Loader  
CENTRE FOR SUSTAINABILITY

