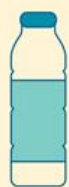


Resource: 11. Single-Use Plastic Hunt
Appendix: 11.4 - Activity sheet 4

Ways to Reduce your Single-Use Plastic

8 WAYS TO REDUCE YOUR SINGLE-USE PLASTICS

There are an estimated **5 TRILLION** pieces of plastic in the ocean worldwide, with **8 MILLION** metric tons added to the ocean each year*. **Wildlife are dying at a rapid pace due to the ingestion of or entanglement in plastics.**



PLASTIC WATER BOTTLE



REUSABLE BEVERAGE CONTAINER



TO-GO COFFEE LIDS



TRAVEL COFFEE MUG



PLASTIC AND PRODUCE BAGS



REUSABLE CLOTH BAGS



SINGLE-SERVE COFFEE PODS

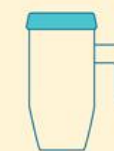


A POT OF COFFEE

YOU can help reduce waste by removing single-use plastics from your everyday activities.



COFFEE PLUGS AND STIR STICKS



TRAVEL COFFEE MUG



BALLOONS



ECO-FRIENDLY DECORATIONS



STRAWS



STRAW FREE



DISPOSABLE LIGHTER



MATCHES

1. **Avoid using plastic water bottles.** Every second 4,000 plastic bottles are used. This is having such a negative impact as plastic never really disappears. What happens is that it breaks apart into small, tiny pieces called micro-plastics. One plastic bottle takes 450 years to break down in the ocean or a landfill. Use a reusable water bottles to make a simple change with a big positive impact!
2. **Avoid using plastic grocery bags.** Sea creatures such as turtles tend to eat plastic bags because they look just like jellyfish. Alternatively, keep reusable bags handy to always have them available when needed!
3. **Avoid using plastic straws.** Millions of straws are used on a daily basis. Ideally we should avoid them completely. Use a paper straw or a reusable steel straw should you really need one. Keep in mind that it is ok to say “Thank you, however I do not need a straw” at a restaurant/take away shop.
4. **Pack a litter-free lunch.** Choose a reusable container to store your lunch instead of using plastic wrap or plastic bags. You can rinse and use containers over and over again.
5. **Avoid using rubber balloons.** Whilst balloons might be fun for children’s parties, keep in mind that marine animals mistake balloons for food when these find their way into the sea. Switching to a more eco-friendly alternative, such as reusable decorations at your next birthday party, ensures a safer environment for marine life whilst starting a new trend!

It is a true fact that plastic as a material can have benefits, for example plastic car parts make cars lighter and more fuel efficient. However, not all plastics are beneficial. Around 8 million metric tons flow into the ocean every year. Shockingly, by 2050 there will be more plastic in the ocean than fish!

Although recycling helps, not all plastics are recyclable. If we want to make the world a healthier place for all, the best thing is to reduce how much plastic we use per day to ensure a better future.

Source - <https://supersimple.com/article/reduce-plastic/>