

# PLASTIC FANTASTIC.. NOT?!

Plastic  
Fantastic...  
NOT -  
Fact sheet  
Part I

## THE PROBLEM..

*We have become a throw away culture with single use plastic being a main polluter*

- The world generates **300 million Tons of plastics waste a year**, 60% ends upon our oceans, natural environments or landfills
- There is an island between California and Hawaii that does not appear on maps, but has an area of 1.6 million square kilometers: it is the **plastic island of the Pacific Ocean**.
- **Supermarkets Produced more plastic packaging than ever** in 2019. This means more plastic poisoning to our environment, filling and choking our oceans. It also means more plastic leaking into the food chain
- By 2050, there will be **more plastic in the oceans than fish**

1 IN 2  
MARINE TURTLES  
HAVE EATEN PLASTIC

90% OF SEABIRDS  
HAVE PLASTIC IN  
THEIR STOMACHS

8 MILLION TONNES  
OF PLASTIC ARE DUMPED  
IN OUR OCEANS  
EVERY YEAR

AROUND 7 MILLION  
COFFEE CUPS ARE  
THROWN AWAY IN  
THE UK EVERY DAY

- **Microplastics** (<0.2 inches/5mm) is in rivers to oceans, soil and air
  - These come degradation of plastic as well as washing and drying of synthetic fabrics
  - These enter the air, soil and water .. which we consume.
- **Recycling IS NOT THE ANSWER!!!**
  - Only some plastics can be recycled and the process is energy costly
  - Much First world plastic is dumped in oceans or sent to third world countries where they are burnt or dumped polluting local communities and causing health issues



ALL plastic EVERY produced on the planet is still here! We can't get rid of it .. so what is the answer .... BE A MINDFUL SHOPPER 😊

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More to know!



## WHAT IS THE SOLUTION

*USE ALTERNATIVES - Here are some examples!!!*

- ✓ Avoid disposable plastics
- ✓ Stop buying water bottles
- ✓ Purchase items second hand
- ✓ Buy In bulk



| Plastic   | Alternative   |
|---|---|
| Sponges   | ✓ Loofah  |
| Detergent bottles – kitchen work tops, floor cleaners | ✓ Make your own   |
| Hand washing dispensers                               | ✓ Soap  |
| Dishwasher detergents - packaging                     | ✓ <u>Smol</u> etc/bought in cardboard                                   |
| Coffee pods/Reusable coffee Cup                       | ✓ Recyclable OR go back to the old fashioned way of making coffee       |
| Tea bags  | ✓ Either tea bags without plastic ( <u>CLIPPER</u> ) or tea leaves      |
| Meat from supermarket                                 | ✓ Buy from butchers and take own containers                             |
| Vegetables from supermarket                           | ✓ Buy from Markets, Eco shops, Farm shops                               |
| Shopping bags   | ✓ Reusable own bags   |
| Bottles   | ✓ An environmentally friendly reusable one                              |
| Milk  | ✓ Get milk delivered preferably in glass bottles                        |
| Plastic Cutlery                                       | ✓ Consider carrying personal reusable cutlery                           |
| Straws  | ✓ Reusable straws are the way forward!                                  |
| Synthetic clothing                                    | ✓ Choose items with Natural fiber                                       |
|   | ✓ Use microplastics guard like the <u>Gubbv Bag</u> or <u>Cora Ball</u> |

