

Plastic Free July



Plastic is made from petrochemicals (fossil fuels), it never decomposes and our animals are mistaking it for food. Even phytoplankton are ingesting plastic. As we are at the top of the food chain, this means we are eating and breathing microscopic pieces of plastic!



Did you know?

'Plastic Free July' started in Australia in 2011 and has now spread internationally! It was founded by Rebecca Prince-Ruiz and a small team in local government in Western Australia.

The message for Plastic Free July 2022 is be aware of your use of plastic, particularly 'single use' plastic and 'choose to refuse'.

The COVID-19 pandemic has increased the use of single-use plastics, for example takeaway cartons, disposable masks and PPE kits.

Most of us are in the habit of remembering to take our reusable cups, water bottle and reusable shopping bags with us, so it's time to 'step it up'! If we all make small changes, we can make a massive difference. During Plastic Free July 2021, 140 million people refused 301 million everyday plastic items which reduced waste by 2.1 million tonnes.

[Source](#)

After 11 years, Plastic Free July has reduced global demand for all bottled water by 2.3%, all fruit and vegetable packaging by 3.1 % and all plastic straws by 4%! [Source](#)

WE CAN FIX THIS!



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Implement one change every few days or weeks, then sustain the change!

Action Ideas

If you don't already do so, begin a soft plastic recycling system.

In the kitchen

- You can avoid excess packaging by 'making' your own ingredients e.g. whizz up whole almonds you've bought at a market in your blender to make almond flour, blend normal sugar to make caster sugar. Be a home cook extraordinaire as much as possible.
- Gradually replace plastic with glass containers. When you have finished a supermarket bought glass jar, wash and keep it, but most importantly reuse it!
- Buy at bulk food shops to fill your reusable glass jars.
- Start a 'soft plastics' recycling bin. Empty them at your supermarket.
- Use reusable food wraps instead of plastic cling wrap.
- For more ideas watch [Plastic Free July Reducing Plastic In The Kitchen Lindsay Miles - YouTube](#)

In the bathroom

- Use products that have less plastic packaging and buy eco-friendly products in bulk.
- Use a bar of soap instead of liquid soap, shampoo and conditioner (it's more concentrated and less expensive).
- Try not to use plastic disposable razors. Make the switch to metal reusable razors.

At the supermarket

- Avoid buying over packaged items e.g. buy deli items which are wrapped in paper.
- Use mesh or fabric bags for bread, fruit and vegetables – wash them and use them again.
- Don't forget your reusable shopping bags!

At Events

- Use crockery and cutlery that can be washed and reused.
- Use washable tea towels rather than paper towel.
- Avoid cling wrap and the use of plastic if you can.

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Resources

- [War on Waste](#) Units of work for Foundation to Year 10 levels
- [Digital Library - Cool Australia](#)
- Take the challenge for [Plastic Free July](#)
- Mobile Muster: www.mobilemuster.com
- Planet Ark: www.planetark.com
- Steps to ecological conversion: [Overturnthetables](#)
- The [Pesky Plastic Quiz](#) (Students will need to ask carers the answers to some questions)
- Years 7-10 [Take 3 - Take Action Against Plastic Waste - Geography - Years 7 to 10 - Cool Australia](#)
- Download an editable [Plastic Free July Poster](#)
- Ideas of what you can do at school [here](#).
- How is each state going regarding banning single use plastic? Find our [here](#).

Videos

- [Plastic Pollution: How Humans are Turning the World into Plastic](#)
- [The Lifecycle of a Plastic Bottle](#)
- [How Soft Plastics are Recycled](#)
- [How Hard Plastics are Recycled](#)

Would you like to see your actions highlighted on our Facebook page?

Email Gwen.Michener@caritas.org.au some pictures with a short explanation to share what action your family, parish or school takes for Plastic Free July.



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