



Plastic Pollution: The Essentials

The problem: plastics are unmanaged.

- We use 1+ million plastic bags every minute
- We've recycled just nine percent of the nine billion tons of plastic produced
- By 2050, our oceans will contain more plastics than fish
- Eco-campaigns like the recycle logo are a sham, creating the idea of ecological balance while promoting consumption

About plastics:

- Plastic doesn't biodegrade: it breaks into smaller fragments known as microplastics that are difficult to remove from our environment.
- The chemicals that make plastic so useful also release toxics into your food, home and body.

Impacts:

Your health:

- Many chemicals used in plastics affect your body at extremely low levels, harming reproduction, changing hormones, predisposing you to ADHD, diabetes, obesity and cancers.

Your world:

- Burned plastic waste creates toxic emissions.
- Plastic ends up in our waterways, boosting invasive species and threatening biodiversity.

Take Action

For you

- Be conscious of how much plastic you purchase.
- Avoid makeup with "polypropylene" or "polyethylene" on the ingredients list.
- Buy in bulk, using sacks from home.

At Home

- Recycle your plastic products responsibly.
- Consider using cloth or paper bags instead of plastic.
- Ceramic, metal, glass, and wood are all more sustainable to replace items in your kitchen, bathroom and home.

In your Community

- Stop buying bottled water: use a reusable glass or metal bottle instead.
- Bring your thermos to a coffee shop.
- Always bring a grocery bag—or grab a box from the store.

30,000 View

- Urge your lawmakers to be leaders on this; the U.S. lags Canada and Europe on plastic bans.
- Fight for environmental justice in petrochemical corridors.
- Remember that small steps lead to big change.

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