

Sustainability Matters

Plastic Free July! Choose to refuse!

July 2018



The Plastic Free July Challenge began in Perth, Australia. The Challenge has now become an international initiative, involving 159 countries, and builds on the theme of last month's World Environment Day. It is a behavioural based initiative to raise awareness about plastic waste. As an individual, you can participate in the Plastic Free July Challenge in many ways including avoiding single-use plastic packaging or perhaps targeting plastic takeaway packaging. The top 4 items to target are: bags, bottles, straws and coffee cups. Simple challenge choices you can make are presented on page 2 of this *Sustainability Matters*. It is an Australian list so for 'yellow bins' read 'recycling container' etc.

This 3-minute YouTube film explains a key issue of how plastic microfibres enter our food chain: <https://www.youtube.com/watch?v=BgkekY5t7KY> If you think there is something that ADCW can do to reduce single use plastics in the way we work, please contact the ADCW Environmental Team at the: environmental.mailbox@aspiredefence.co.uk

Copied below are some key facts about the Plastic Free July Challenge and other plastic free initiatives, more information can be found at the Plastic Free July website: <http://www.plasticfreejuly.org>



You may not support them, but both the Sky pro-cycling team and Tottenham Hotspur football club have pledged to phase out single use plastics. Team Sky's current Tour de France jersey even uses some plastics recovered from the oceans in its materials. For a team that talks about marginal gains, maybe Team Sky now must now stop washing these jerseys after each stage to prevent the plastic microfibres getting released into the oceans again from wastewater discharges! (Images of sports clothing: Castelli and Sky News).



My Challenge Choices (Getting started) PLASTIC FREE JULY





















🚫 WHAT TO AVOID

✅ HOW TO AVOID IT

YOUR IMPACT
Ocean/Landfill/Global warming

✅ YES, I'LL DO THIS

Fill the yellow bin with plastics for 'recycling'	Avoid as much plastic packaging as you can		<input type="checkbox"/>
Pre-packed fruit and veg	Choose loose products (skip the little plastic bag or put in a reusable bag)		<input type="checkbox"/>
Lightweight plastic bags	Remember your reusable shopping bags or use a cardboard box		<input type="checkbox"/>
Personal care products containing plastic microbeads	Check the products you buy for microbeads (polyethylene, polypropylene, nylon) visit beatthemicrobead.org		<input type="checkbox"/>
Bottled cleaning products	Opt for refills, bulk store products or make your own alternatives. Choose glass or cardboard packaging		<input type="checkbox"/>
Bagged dry foods	Buy from a bulk store (fill your reusable container) or opt for cardboard boxed product		<input type="checkbox"/>
Pre-packed meat or fish	Shop at the deli counter or butcher or fishmonger for paper wrapped cuts or BYO reusable container		<input type="checkbox"/>
Takeaway drink straws	Refuse plastic straws (or opt for a paper straw if they have them). BYO reusable straw		<input type="checkbox"/>
Takeaway coffee cups	Bring your reusable cup or sit and enjoy a real cup		<input type="checkbox"/>
Takeaway utensils and containers	Support vendors offering compostable alternatives (bamboo or card), BYO reusables or sit and enjoy 'dine-in'		<input type="checkbox"/>
Bottled water	Fill a reusable bottle from the tap		<input type="checkbox"/>
Bottled soft drinks	Reduce the amount (helps your health), or make your own with a sodastream or choose glass bottles (and recycle)		<input type="checkbox"/>
Bin liners (or 'reusing' plastic shopping bags)	Have a sealed container for 'wet' scraps and compost or freeze until bin day. Line the kitchen bin with paper		<input type="checkbox"/>
Scooping your pet poo in plastic bags	Buy cornstarch based compostable bags online or at a pet suppliers or consider a dedicated pet poo composting system at home		<input type="checkbox"/>
Milk containers (plastic)	Choose waxed card or glass bottled brands (depending on your local glass recycling). Make your own nutmilk		<input type="checkbox"/>
Plastic food wrap for leftovers and sandwiches	Use a reusable lunch box to store food, store food in containers or use beeswax wraps		<input type="checkbox"/>
Littering: cigarette butts, balloons	Dispose of cigarette butts in the bin (they are plastic and wash into the ocean environment) Avoid releasing balloons (what goes up, must come down)		<input type="checkbox"/>
Ignoring other people's litter	Pick up that plastic bag blowing in the street, empty food containers, straws etc.		<input type="checkbox"/>

Avoid landfill waste Reduce your eco-footprint

PLASTICFREEJULY.ORG   Protect the ocean    