

Our Plastic Consumption Footprint



To move towards a plastic-free world, we all need to do our part in addressing the problem of plastic pollution in our environment. By adopting a reduce, refuse, reuse, recycle and remove approach to plastic consumption, we can start moving towards achieving this goal.

The 5 Rs of Mindful Plastic Consumption

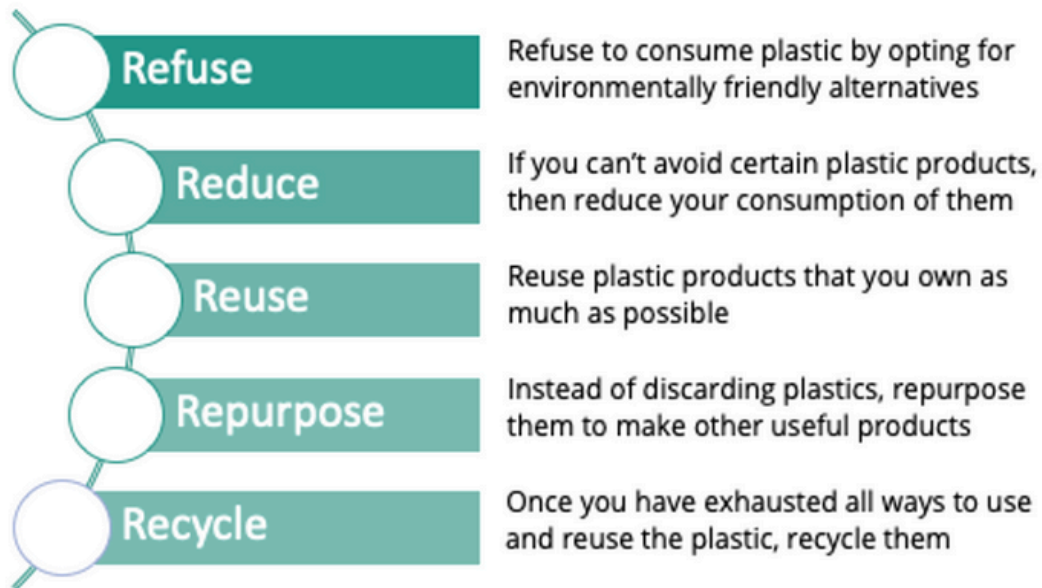


Figure 1: The 5 Rs of Mindful Plastic Consumption (GreenLearning)

By being mindful plastic consumers, we can all play our part in reversing the effects of plastic pollution on our planet. The plastic consumption footprint calculator (linked below) is an excellent start to understanding just how much plastic we use. Once we learn about our plastic consumption lifestyles, we can apply the 5 Rs principle to improve our plastic footprint. It is also encouraged to share our actions with our friends and families so that we can inspire others to take action and live sustainably. You can always research more to learn how you can limit your plastic consumption.



Here are some extra resources to get you started:

- Plasticbank Plastic Footprint Calculator:
<https://plasticbank.com/plastic-footprint-calculator/>
- The 5 r's: refuse, reduce, reuse, repurpose, recycle:
<https://www.roadrunnerwm.com/blog/the-5-rs-of-waste-recycling>
- Plastic Pollution Primer and Action Toolkit:
<https://www.earthday.org/wp-content/uploads/Plastic-Pollution-Primer-and-Action-Toolkit.pdf> (pages 24 - 52)
- 100 Steps to a Plastic-Free Life:
<https://myplasticfreelife.com/plasticfreeguide/>

