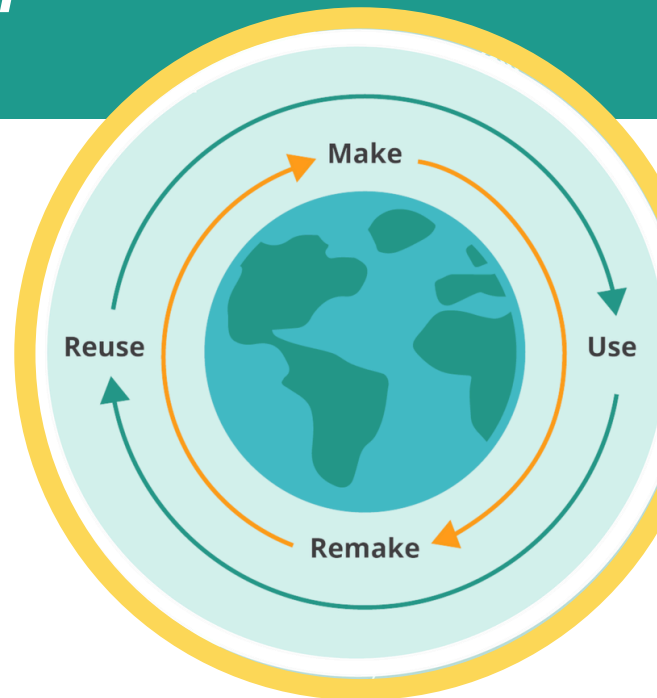# Our Plastic Consumption Footprint

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

Refuse — Refuse to consume plastic by opting for environmentally friendly alternatives

Reduce — If you can't avoid certain plastic products, then reduce your consumption of them

Reuse — Reuse plastic products that you own as much as possible

Repurpose — Instead of discarding plastics, repurpose them to make other useful products

Recycle — Once you have exhausted all ways to use and reuse the plastic, recycle them

Resources

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 is an excellent start to understanding just how much plastic we consume. 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 initiatives 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 but below are some curated resources:

- 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/
- Plastic Footprint Calculator: Individual https://www.thehappyturtle.in/plastic-footprint-calculator-individual/