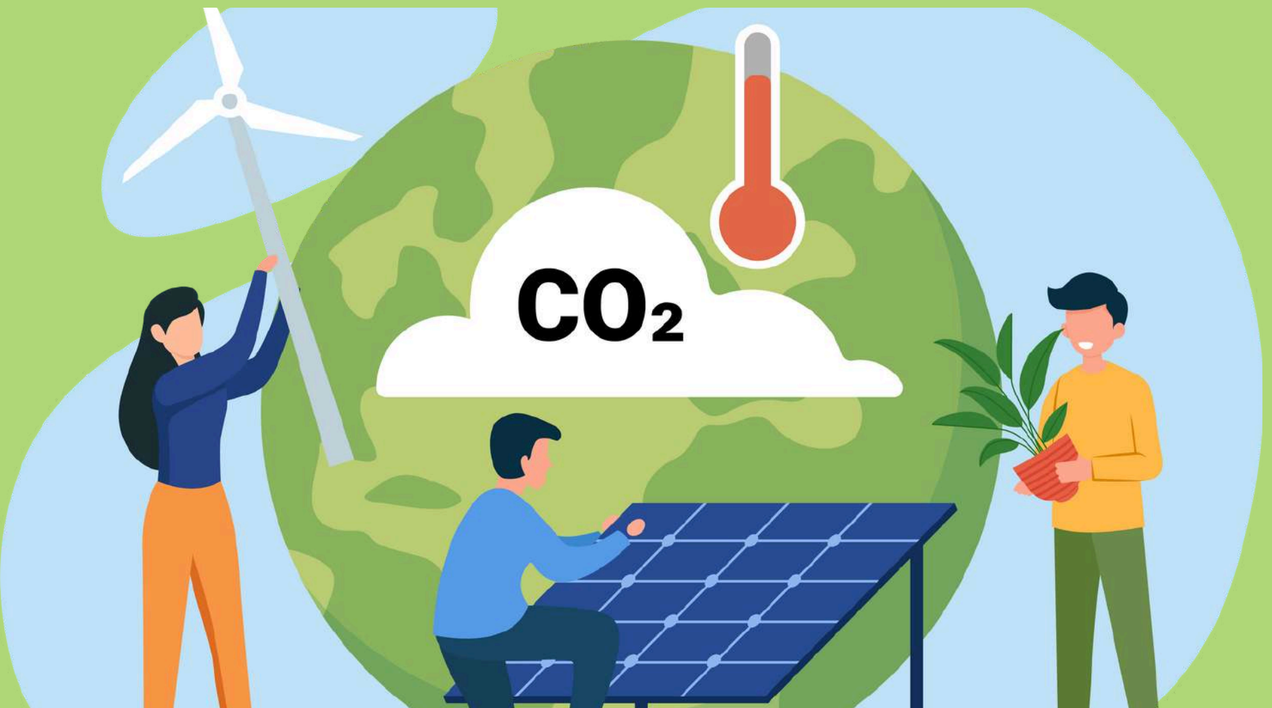
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A2- Climate Change

Action Planning – Reducing Plastic Footprint





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Why the Plastic Crisis Matters

Global Plastic Production and Waste Statistics

- Each year, the world produces over 400 million tons of plastic.
- More than half of it is intended for single-use—used once and discarded.
- Alarmingly, less than 10% of all plastic ever produced has been recycled.
- If current trends continue, by 2050, the ocean is expected to contain more plastic than fish by weight (Ellen MacArthur Foundation).



Impact on marine life, ecosystems, and human health

- Millions of marine animals die each year from swallowing or becoming entangled in plastic waste.
- Sea turtles, whales, seabirds, and fish often mistake plastic for food, leading to intestinal blockages, starvation, or toxic exposure.
- Coral reefs are also under threat — plastic debris can suffocate corals, introduce harmful pathogens, and block essential sunlight.
- Microplastics have been detected in drinking water, table salt, and even human blood.
- Chemicals found in plastic, such as BPA and phthalates, are known to disrupt hormones, impair fertility, and raise the risk of cancer.
- In many low-income areas, burning plastic waste releases toxic gases that damage the lungs and weaken the immune system.

What Is a Plastic Footprint?

Plastic footprint is the total amount of plastic you use and discard — both directly and indirectly — throughout your life.

Direct plastic use: refers to obvious, disposable items such as single-use bottles, bags, and packaging.

Indirect plastic use: involves plastics hidden within products or their production processes—like synthetic fibers in clothing, components in electronics, microplastics in cosmetics, and multilayer materials in food packaging.



Hidden Plastics in Daily Life

Fashion

Many clothes (like polyester, nylon) are made from plastic fibers. Each wash releases microplastics into waterways.

Cosmetics

Scrubs, glittery makeup, and some lotions contain microbeads — tiny plastic particles.

Tea bags & coffee cups

Many are lined with plastic, even if they look like paper.

Food packaging

Pre-wrapped fruits, vacuum-sealed snacks, and delivery containers

Wet wipes & sanitary products

Often contain synthetic plastic fibers



These forms of plastic are often invisible to the average consumer — making them even more dangerous due to lack of awareness.



Solutions: How Can We Reduce It?

Individual Actions
– What You Can Do



Collective Actions
– What We Can Do Together



1 Individual Actions What You Can Do

Small steps by individuals can lead to big collective impact. Here are practical actions we can all take:

Reusable Bags

- Replace plastic shopping bags with cloth or foldable tote bags.
- Use them in supermarkets, clothing stores, and markets.
- Fun fact: The average person uses over 500 plastic bags a year!

Glass or Metal Bottles & Containers

- Carry a reusable glass or stainless-steel water bottle instead of buying plastic bottles.
- Use reusable food containers for lunches and take-out.
- It's better for your health and the environment.

Avoid Single-Use Plastics

- Say no to plastic straws, cutlery, plates, and packaging.
- At restaurants or cafes, get into the habit of saying:
- "No straw, please." or "I brought my own container."

Conscious Shopping (Mindful Consumption)

- Choose unpackaged or plastic-free products when possible.
- Look for brands that use biodegradable or recyclable packaging.
- Ask yourself:
- "Do I really need this? Is there a more sustainable option?"



2 Collective Actions
What We Can Do Together

Communities, schools, and organizations can implement long-term solutions:

Plastic Policies in Schools or Workplaces

- Set up clear rules to reduce plastic use at events, cafeterias, and daily operations.
- Encourage alternatives like compostable cutlery or reusable cups.

Refill Stations

- Install water refill stations to reduce bottled water purchases.
- Support bulk shops and refill systems for soap, detergent, or shampoo.
- Promotes sustainability and saves money.



Recycling & Upcycling Programs

- Label and position recycling bins clearly in shared spaces.
- Organize creative projects like:
- Bottle cap mosaics
- Bags made from packaging waste
- “Plastic-Free Challenge Week” campaigns
- Engage the community with awareness days or recycling competitions.



Thanks For Listening