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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

- Over 400 million tons of plastic are produced annually worldwide.
- More than 50% is single-use — designed to be used once and thrown away.
- Less than 10% of all plastic ever made has been recycled.
- By 2050, it's projected there will be more plastic than fish in the ocean by weight (Ellen MacArthur Foundation).



Impact on marine life, ecosystems, and human health

- Millions of marine animals die each year from ingesting or getting entangled in plastic.
- Sea turtles, whales, seabirds, and fish often mistake plastic for food, leading to blockages, starvation, or poisoning.
- Coral reefs suffer too — plastic debris can smother corals, spread pathogens, and block sunlight.
- Microplastics have been found in drinking water, table salt, and even human blood.
- Chemicals in plastic (like BPA, phthalates) may disrupt hormones, affect fertility, and increase cancer risk.
- Plastic burning (especially in low-income areas) releases toxic gases harmful to lungs and immune systems.

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:** Single-use items (bottles, bags, packaging)
- **Indirect plastic use:** Plastics embedded in products or supply chains (clothing fibers, electronics, cosmetics, food packaging, etc.)



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.

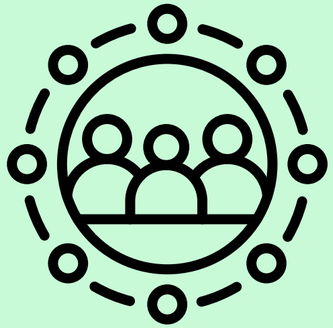


Solutions: How Can We Reduce It?

Individual Actions – What You Can Do



Collective Actions – What We Can Do Together



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?"



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.



What do you think we can do to reduce our plastic footprint, both individually and collectively?



Thanks For Listening